



## Mason Jar Breakfast: Quick Easy Breakfast Recipes in a Mason Jar (Paperback)

By Katya Johansson

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Why Buy Mason Jar Breakfast ? A lot of cereal and oatmeal bars are the adult equivalent of the Pop-Tarts you d eat (untoasted) on the bus to school-convenient yet lacking sustainable power. For a take-with-you morning meal that will also stay with you, grab a mason jar and try these nutritious recipes. Many can be made ahead of time, so all you need to do is grab the filled jar and a spoon on your way out the door, and you have a fresh, healthy, homemade breakfast, no matter how hectic your day is. Here are Some Of The Recipes You ll Learn After you BUY THIS BOOK: Orange and Vanilla Hemp BreakfastBacon and Eggs in an exceedingly JarVanilla Chia Pudding Breakfast RecipeCoconut Quinoa and Cherry with Almonds Fruit and Yogurt Breakfast Granola Parfaits Convinced?: ) So Grab Your Copy Now And Start Making Breakfast Mason Jar Meals!.

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