

# Brunches and Breakfasts

February 2019



## Synopsis:

Readers will find in this book ideas for a healthy breakfast everyday, or a delicious brunch during the week-end, sweet or salty.

A total of 42 recipes are available: smoothie bowls, mueslis, porridges, cakes, hot chocolate, spreads, etc.

Healthy associations, original and trendy.

## The Author:

**Laure Thomas** comes from Brittany (Lorient). She is passionate about cooking since she was 11 year-old. She created a blog (« Bretonne à tout prix » : <http://bretonneatoutprix.hautetfort.com>) in 2013 to share her recipes. She is the author of Raw Desserts, that will also be published in 2019 with Marie Claire Books.

## ■ Specs:

- Collection: Cooking
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- RPP: 12 €
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