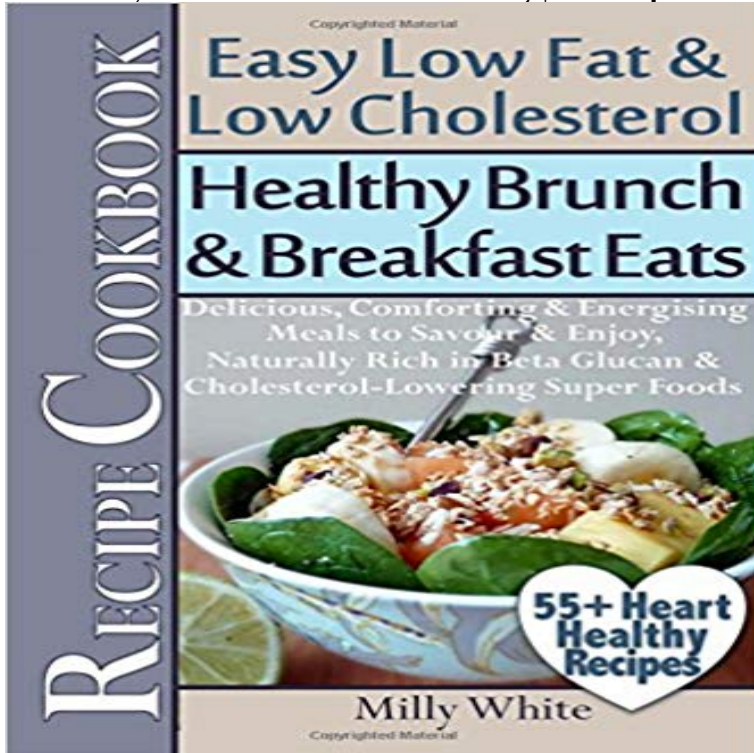


# Healthy Brunch & Breakfast Eats Low Fat & Low Cholesterol Recipe Cookbook: 55+ Heart Healthy Recipes Delicious Comforting Energising Meals, Rich in ... & Dieting Recipes Collection) (Volume 2)



Start each day with heart-healthy, low-fat, delicious, comforting & energising breakfasts and brunches to savour. Breakfast is a great meal to increase your dietary intake of beta glucan, which has been proven to help lower cholesterol. Do this easily with flavourful recipes rich in beta glucan & other cholesterol-lowering super foods which are also low in saturated fat, salt and refined sugar. There are plenty of choices from quick & easy breakfast on-the-go dishes for early-start mornings through to indulgent and sociable brunch meals for more leisurely weekend meals. There are recipes that you can prepare ahead and even ones that can be prepared overnight! Healthy Brunch & Breakfast Eats Low Fat & Low Cholesterol Recipe Cookbook Features 55+ Easy Heart Healthy Recipes, making cooking & eating for lower cholesterol effortless as well as delicious. The book also guides you through simple to understand information about: Different Types Of Cholesterol Good vs Bad Fats, Dietary Cholesterol & Heart-Health Lowering Cholesterol With a Healthy, Balanced Diet Foods Naturally Rich in Beta Glucan & Other Cholesterol-Busting Superfoods. Over 55 cholesterol-lowering recipes This Cookbook has recipes to suit all tastes including: Porridge & Soaked Overnight Oats including Strawberry Cheesecake Overnight Oats and Mango & Honeyed Blueberry Super Seed Porridge Breakfast Mushrooms including Mushroom & Spinach Breakfast Bake and Golden Mushroom Hash Browns Breakfast Fruits including Peach, Raspberry & Pistachio Breakfast Crisp and Autumn Harvest Fruit Compote with Cinnamon Yogurt Love Your Heart Super-Green Smoothies such as Plum Crazy For Granola Green Smoothie and Pina-lada Green Smoothie Breakfast Salads including Tropical Fruit Breakfast Salad with Warm Granola Sprinkle and Fruit Patch Breakfast

Salad with Toasted Quinoa Muesli & Granolas including Trail Mix Granola and Nutastic Seeded Muesli (Fruit-Free) Breakfast Bakes such as Apple, Oat & Pumpkin Seed Scones and Toasted Nut & Fruit Granola Breakfast Bars Breakfast Eggs including Cheesy Eggs Florentine and Poached Eggs with Watercress Sauce. Photographic Preview & Bonus Low Fat Giveaway Click onto the Look Inside button to see a photograph preview of some of these delicious recipes and for details of an exclusive & FREE bonus giveaway. Each recipe is low in saturated fat and many are rich in beta-glucan. There are lots of recipes that are also: Vegetarian Vegan In this cookbook, you'll find quick, easy breakfast dishes perfect for busy weekday mornings as well as indulgent & comforting recipes perfect for social weekend brunches. There are recipes that you can prepare ahead and even ones that cook overnight. This inspiring and exciting recipe collection is sure to become an essential part of your low-cholesterol kitchen. My recipes are easy to follow, simple to make and quite a few are multiple servings that can be made ahead then stored. What's more, they are all so delicious and nutritious; you can serve them to the whole family, even those who are not actively looking to lower cholesterol, avoiding the need for multiple versions at the breakfast table. So click the Buy Now button and let's do Brunch! More Low Fat & Low Cholesterol Cookbooks by Milly White Easy Mediterranean Diet Recipe Cookbook (ASIN: B00LCCXAYS) - #1 Amazon Best Seller in Low Cholesterol Cooking Quick & Easy Low Calorie & Low Fat Desserts, Cakes & Bakes Diet Recipes Cookbook (ASIN: B00NMOYEV2) - #1 Amazon Best Seller in Desserts.

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