



# Rise and Shine: Better Breakfasts for Busy Mornings

*Katie Sullivan Morford*

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**Give your kids--and yourself--something to rise and shine about! 75 recipes that make the first meal of the day worth waking up for.**

*Rise and Shine* is the answer for every parent who has struggled to get breakfast on the table and to get their child to actually eat it. With 75 breakfast recipes that are entry-level-easy, with at least half requiring no more than five minutes of hands-on prep time, every delicious recipe is an exercise in good nutrition and good taste. Written by a nutritionist with three children, this book arms parents with tips, recipes, and inspiration for making a nourishing breakfast doable and delicious. *Rise and Shine* is made for busy families and busy mornings, so when breakfast isn't the priority, you can still eat something to start your day off right.

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