



Eat Your Art Out: Playful Breakfasts By Idafrosk

Ida Skivenes

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Who said eating healthy had to be boring? Or that you shouldn't play with your food if it promotes better appetite? With simple steps, the most ordinary toast might become a little artwork, simply food art. With humor, this book shows you how to create healthy, colorful breakfasts for inspiration and enjoyment of food. What about monkey pancakes, the Little Red Riding Hood made of strawberry and kiwi, an oatmeal lion or Munch art on your toast? Imagination is the only limit - here's something for every taste and fun for both adults and children. The food art is made with available ingredients, and many of them can be made in just 5 - 15 minutes.

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From reader reviews:

Christina Moss:

This Eat Your Art Out: Playful Breakfasts By Idafrosk book is absolutely not ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is definitely information inside this guide incredible fresh, you will get information which is getting deeper you actually read a lot of information you will get. This kind of Eat Your Art Out: Playful Breakfasts By Idafrosk without we recognize teach the one who examining it become critical in thinking and analyzing. Don't become worry Eat Your Art Out: Playful Breakfasts By Idafrosk can bring once you are and not make your bag space or bookshelves' turn into full because you can have it within your lovely laptop even cell phone. This Eat Your Art Out: Playful Breakfasts By Idafrosk having good arrangement in word in addition to layout, so you will not sense uninterested in reading.

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