



# Whole-Grain Mornings: New Breakfast Recipes to Span the Seasons

*Megan Gordon*

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**A seasonal collection of enticing, comforting recipes for whole-grain breakfasts: cereals, granolas, porridges, and mueslis, as well as seasonal toppings and basics like homemade yogurt and almond milk, from the writer of the popular blog *A Sweet Spoonful*.**

A beautiful guide to morning meals, *Whole-Grain Mornings* offers sixty-seven sweet and savory recipes for wholesome whole-grain breakfasts. Whether you're cooking for busy weekdays, slow Sundays, or celebratory brunches, this charming cookbook will inspire you to look beyond the average bowl of cereal toward healthy and delicious ways to incorporate whole grains like amaranth, farro, and barley into your morning meals. Seasonally organized recipes feature favorite one-bowl breakfast fare like Apricot Pistachio Granola and Triple-Coconut Quinoa Porridge alongside more unconventional options like Saucy Tomato Poached Eggs with Kale and Wheat Berries and Nutty Millet Breakfast Cookies. With information on timesaving alternatives as well as a guide to the most commonly used whole grains—and sprinkled with abundant food and lifestyle photography throughout—this cookbook guarantees the most important meal of the day will also become your favorite.

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