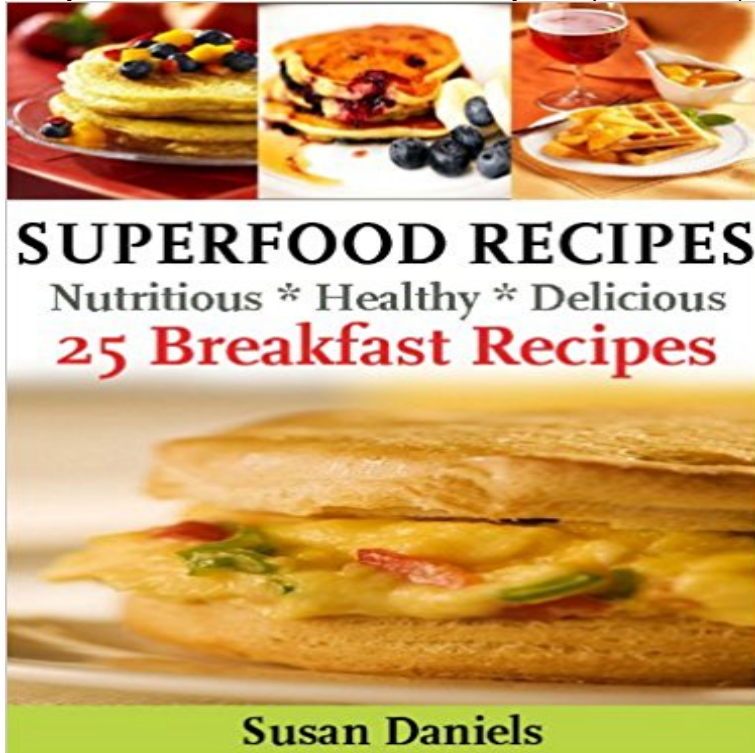


## Superfood Breakfast Recipes (Healthy Eats Book 3)



So, what are Super foods? A Super food is packed with nutrients that deliver increased health benefits to your body. They are high in antioxidants, as well as being nutrient and mineral rich. This combination balances a diet while helping your body fight off diseases throughout your life. Studies have shown, that many health problems people suffer from are directly related to their diets. Foods that are high in saturated fats, additives, and artificial ingredients have been known to contribute to disease. There is an ever increasing emphasis on health and nutrition, which is a good thing. And, that has led many people to research ways to considerably enrich their diet. One way to do this is start with a healthy breakfast. Since we were little children, weve have been told that breakfast is the most important meal of the day. Its called breakfast, because you are breaking a fast, and its the first meal you have after a nights sleep. There are multiple reasons to have a healthy breakfast that includes super foods. Just to name a few: increased energy to start your day, helps control weight, and improves mental performance throughout the day, whether at work, school, or in your business. Also, breakfast for children is especially important. According to the American Dietetic Association, children who eat breakfast perform better in the classroom and on the playground, with better concentration, problem-solving skills, and eye-hand coordination. And lets face it, can you concentrate and perform at a top level when youre hungry? On another front, eating a healthy super foods breakfast helps to control weight, by filling you up, and usually reduces your hunger during the day. As an additional benefit, you are more likely to make better food choices throughout the day. Last but not least, when you skip breakfast, there is a tendency to eat more during other meals, often resulting in making less healthy food

choices. In the list below, we have provided you with a few Super food ideas that can be easily integrated into your daily meals. Don't worry, Super foods are easy to find in your local grocery, or specialty health food stores. We have provided you with a primer on introducing Super foods into your diet through this collection of 25 breakfast recipes. Each is easy to prepare while providing nutritional benefits. The recipes that we have prepared in our test kitchen are simple and healthful. ENJOY! To your health, Susan Daniels

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