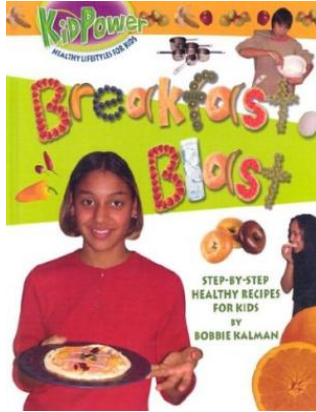


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## BREAKFAST BLAST



Crabtree Publishing Co,Canada. Hardback. Book Condition: new. BRAND NEW, Breakfast Blast, Bobbie Kalman, Ages 7 to 12 years. Breakfast means to "break" the "fast" between the evening and the morning. It is the most important meal of the day, but many children go to school without it or start their days with a sugar-filled substitute for the brain food they need to think and complete their school work. This book introduces great-tasting recipes that cover all the food groups and...

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