



Rise and Shine: Better Breakfasts for Busy Mornings

Katie Sullivan Morford

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Mornings can be hectic, but registered dietitian, cook, and mom Katie Morford has the key to a saner, healthier way to start the day. With 75 recipes—quick and easy for weekdays, slow and luxurious for relaxed weekends—you can turn your morning into an exercise in good nutrition and great taste. You'll find breakfasts that can be eaten at the table (**Egg-in-a-Nest Pesto Pizzas**), at the bus stop (**Strawberries and Cream Spoon Smoothies**), or on the run (**Milk and Cereal Bars**), all healthy alternatives to cold cereal and prepackaged bars that even picky eaters will love. *Rise & Shine* is tailor made for busy families who want to do mornings just a little bit better. It's a toolkit of ideas and inspiration to make a nourishing breakfast not only doable, but delicious.

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