

From the Author of SMART COOKIES and SMART MUFFINS

SMART BREAKFASTS

101 Delicious, Healthy Ways to Start the Day




HIGH FIBER
LOW FAT
NO SUGAR

JANE KINDERLEHRER

Smart Breakfasts 101 Delicious Healthy Ways To Start The Day

**Jodie Shield, M.Ed., R.D, Mary
Catherine Mullen, M.S., R.D**



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