



Eat Your Art Out: Playful Breakfasts By Idafrosk

Ida Skivenes

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Who said eating healthy had to be boring? Or that you shouldn't play with your food if it promotes better appetite? With simple steps, the most ordinary toast might become a little artwork, simply food art. With humor, this book shows you how to create healthy, colorful breakfasts for inspiration and enjoyment of food. What about monkey pancakes, the Little Red Riding Hood made of strawberry and kiwi, an oatmeal lion or Munch art on your toast? Imagination is the only limit - here's something for every taste and fun for both adults and children. The food art is made with available ingredients, and many of them can be made in just 5 - 15 minutes.

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