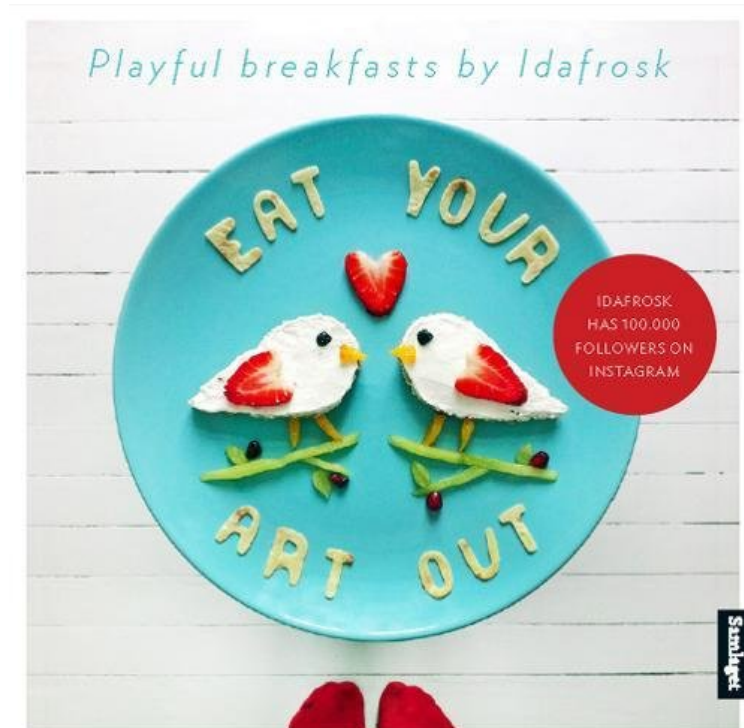


(Mobile book) Eat Your Art Out: Playful Breakfasts By Idafrosk

## Eat Your Art Out: Playful Breakfasts By Idafrosk

Ida Skivenes

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**Ida Skivenes : Eat Your Art Out: Playful Breakfasts By Idafrosk** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Eat Your Art Out: Playful Breakfasts By Idafrosk:

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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.

So artful can breakfast be.-- BILD, GermanySkivenes proves your mother wrong. Her motto is: play with your food! -- Mail Guardian, South AfricaArt for breakfast, delicious creations by Ida Skivenes. -- La Repubblica, ItalyAbout the AuthorIda Skivenes grew up on a farm near the fjords and mountains of Western Norway, and now lives in Oslo, the capital city. She started doing food art on Instagram as @idafrosk and shares her healthy, creative breakfasts with over 100,000 followers worldwide.