

MOLLIE KATZEN'S SUNLIGHT CAFÉ

SHINES A NEW LIGHT ON BREAKFAST

*"Having revolutionized American eating habits with her
Moosewood Cookbook back in the 1970s, Katzen
is now poised to revolutionize breakfast." –Publishers Weekly*

Americans know that breakfast is the most important meal of the day, yet how many of us really start the day off right? In **MOLLIE KATZEN'S SUNLIGHT CAFÉ** (Hyperion, September 10, 2002; \$29.95; Hardcover), one of the country's pre-eminent cookbook authors shows us how to eat well at the beginning of each day. "Even those who don't have much of a morning appetite can be converted," says Mollie, "The trick isn't to eat a huge farmhouse breakfast at the crack of dawn. It's simply to eat as well as you can as early as you can."

MOLLIE KATZEN'S SUNLIGHT CAFÉ offers over 350 delicious and surprising recipes in 12 chapters ranging from "Beverages" and "Fruit" to "Eggs, Tofu, Scrambles, Quiches & Souffles" and "Griddle Foods: Pancakes, Waffles, Blintzes, Crepes & French Toast" plus everything in between. Some of Mollie's showstoppers for the morning meal include: *Nut-Crusted Mushroom Fritters, Raspberry Drenched Rhubarb, Orange-Cherry Corn Muffins, Fried Green Tomato Quiche, Bittersweet Mocha Coffeecake, Giant Asparagus-Mushroom Puff, Peruvian Blue Home Fries, and Folded French Crepes with Classic Creamed Spinach*, as well as 16 mouth-watering takes on pancakes and waffles.

MOLLIE KATZEN'S SUNLIGHT CAFÉ is more than just a collection of breakfast recipes.

In addition to 21 elegant and crowd-pleasing brunch menus that provide great motivation for entertaining, the book lays out a blueprint for busy people who want to eat well seven days a week. In her trademark user-friendly style, Mollie walks us through practical strategies for busy families and working professionals, presenting numerous recipes that can be prepared fully or

Flax Seed Nuggets.

A good breakfast can pave the way to metabolic health, helping keep blood sugar levels steady and Mollie makes a good breakfast possible—translating into accessible recipes the proverbial recommendations to eat high-quality carbohydrates in balance with protein, fiber, and healthy fats. The muffins and breads, pancakes, coffee cakes and cereals in **MOLLIE KATZEN’S SUNLIGHT CAFÉ** make good use of whole grains and cutting edge high-protein ingredients—with surprisingly light results—leaving you feeling satisfied and energized well into the day.

Rather than overload readers with typically confusing numerical nutritional charts, Mollie encourages Americans to pay attention to feelings of both hunger and satiety. “It’s an instinct we’re all born with,” says Mollie, “and we can relearn it, approaching food through internal cues even when we’re all so busy and on the run. Breakfast can set us in a good direction right out of the gate, controlling hunger and deterring snacking later in the day. Ultimately a good breakfast provides the foundation for general health and weight control.”

MOLLIE KATZEN’S SUNLIGHT CAFÉ will be an inspiration and treasured resource for everyone who enjoys cooking and wants to feel energized and focused, not only in the morning, but throughout the day.

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About the Author: MOLLIE KATZEN, with nearly 5 million books in print, is listed by the *New York Times* as one of the best-selling cookbook authors of all time. Recently named by *Health* magazine as one of the five “Women Who Changed the Way We Eat,” and a charter member of the Harvard School of Public Health Nutrition Roundtable and the new Natural Health Hall of Fame, Ms. Katzen is largely credited with moving healthful food from the “fringe” to the center of American dinner plates. She is best-known as the author/illustrator of the groundbreaking classic, *Moosewood Cookbook*. A working artist as well as a prolific author, Mollie, lives near Berkeley, California. You can learn more about Mollie Katzen by visiting www.molliekatzen.com.

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By Mollie Katzen

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