

A Cast Iron Morning: The 50 Best Cast Iron Breakfast Recipes That Anyone Can Make (Paperback)

By Tammie Smith

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. If you own a cast iron skillet, then you know that it s one of the most multipurpose pieces of cook ware in your kitchen. You can easily cook any type of food by putting all the ingredients in one pan. Then you can either cook on the stove top or use this same pan by baking in the oven. With this concept and a good recipe book, you can make quick and easy healthy and delicious breakfasts in your cast iron skillet. Don t we all agree that breakfast is the most important meal of the day? Inside you will find my Cast Iron Breakfast favorites with nutritional information included . ENJOY!!.



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