



SymmetryBreakfast: 100 Recipes for the Loving Cook

Michael Zee

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From the Instagram phenomenon, SymmetryBreakfast, this is a cookbook about the most important meal of the day—how to make it with love, present it with style and eat it with pleasure to feed not only your own soul, but the souls of your loved ones too.

Alongside 80 internationally inspired recipes, gorgeous photography, and lessons in the art of food-styling, this unconventional cookbook explores what breakfast is and what it means to people around the world. Surprising with the foreign and delighting with the familiar, it offers ideas for perfectly plated assembly breakfasts to more complex dishes for seasoned cooks, and recipes with great stories behind them.

For foodies and feeders alike, *SymmetryBreakfast* will cheer you up, make you hungry and change the way you think about breakfast.

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