



Breakfast: A History (The Meals Series)

Heather Arndt Anderson

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From corn flakes to pancakes, *Breakfast: A History* explores this “most important meal of the day” as a social and gastronomic phenomenon. It explains how and why the meal emerged, what is eaten commonly in this meal across the globe, why certain foods are considered indispensable, and how it has been depicted in art and media. Heather Arndt Anderson’s detail-rich, culturally revealing, and entertaining narrative thoroughly satisfies.

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