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Ida Skivenes

Playful Breakfasts - Eat Your Art Out

Your mother was wrong, you are allowed to play with your food! With a few simple steps, even the most ordinary sandwich meal can be transformed into a piece of art, simply food art.

How about polar bear oatmeal, owl pancakes, strawberry santas or mermaid pancakes to start the day? Or perhaps you would rather make Big Ben or Taj Mahal? Here are ideas for you to create healthy, colorful breakfasts that are fun for both children and adults.

The book also contains recipes for different kinds of porridge, pancakes, granola and scones plus some helpful tips to make your own food art. The meals are made with simple equipment and available ingredients – and many of them just take a few minutes to make. Let yourself be inspired and entertained!

Ida Skivenes

Ida Skivenes shares creative breakfasts with over 280 000 followers from all over the world on Instagram as @IdaFrosk. She also has columns in newspapers and magazines (like Copenhagen Food Magazine and Die Zeit), and is an internationally demanded food artist with media coverage in everything from Vogue, Wall Street Journal to the BBC.



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