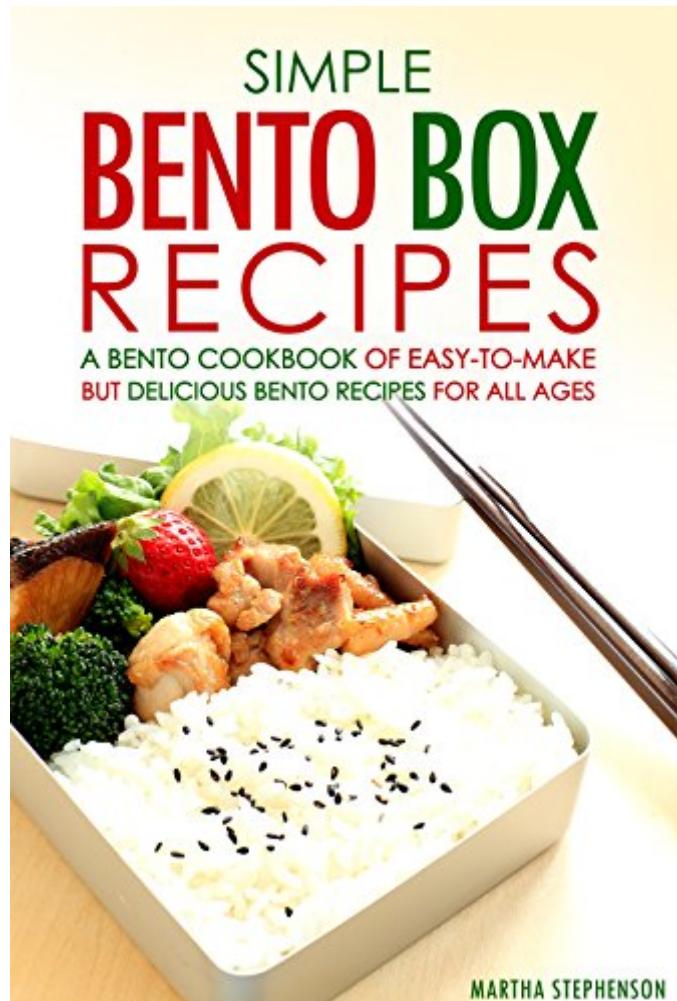


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Simple Bento Box Recipes, A Bento Cookbook Of Easy-to-Make: But Delicious Bento Recipes For All Ages



MARTHA STEPHENSON



Synopsis

Bentos are common sights in Japanese households, trains, offices and schools. These packed lunches in pretty, compartmentalized and reusable containers have taken the Western world as well as the Simple Bento Box Recipes: A Bento Cookbook of Easy-to-Make but Delicious Bento Recipes for all Ages gives you the nudge towards the right direction by starting off with simple yet filling bento dishes. Most Japanese bentos focus on decorative and aesthetical presentation of their pack lunches, but this Bento cookbook has been simplified for bento newbies. These simple bento box recipes will teach you:^{*} What to pack for a balanced and nourishing lunch. Bento recipes typically have appropriate amounts of carbs, proteins, healthy fats and servings of fruits and vegetables.^{*} How to come up with quick and easy bento box recipes that you can prepare on busy mornings before heading to school or work. ^{*} Stop brown-bagging your lunch and actually start looking forward in opening your bento box come lunch break. Itâ™s a good change for those old, dull and boring brown bags you store your lunches with. Bento box recipes are colorful and come with a lot of flavors textures, but theyâ™re also highly economical, appealing to all kinds of palate and flexible when it comes to portion control. Most of all, itâ™s a good and proven practice to get you and your loved ones actually eat lunch and love it. Letâ™s Get Cooking! Scroll Back Up and Grab Your Copy Today! Click the Download with 1-Click Button at the top right of the screen or "Read FREE with Kindle Unlimited" now! Then, you can immediately begin reading Simple Bento Box Recipes, A Bento Cookbook of Easy-to-Make: but Delicious Bento Recipes for all Ages on your Kindle Device, Computer, Tablet or Smartphone.

Book Information

File Size: 1338 KB

Print Length: 58 pages

Simultaneous Device Usage: Unlimited

Publication Date: April 24, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01ES0LG1Y

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #82,180 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #6 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Occasions > Brunch & Tea #9 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional & International > Asian > Japanese #26 in Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Brunch & Tea

Customer Reviews

I work in office and have not got enough time to make those complex and time taking recipes. This bento box recipes are so simple but extremely delicious. I am enjoying them all but the only drawback is that this book includes some pork recipes as we don't eat pork so I tried them with chicken instead. Overall its a good book.

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