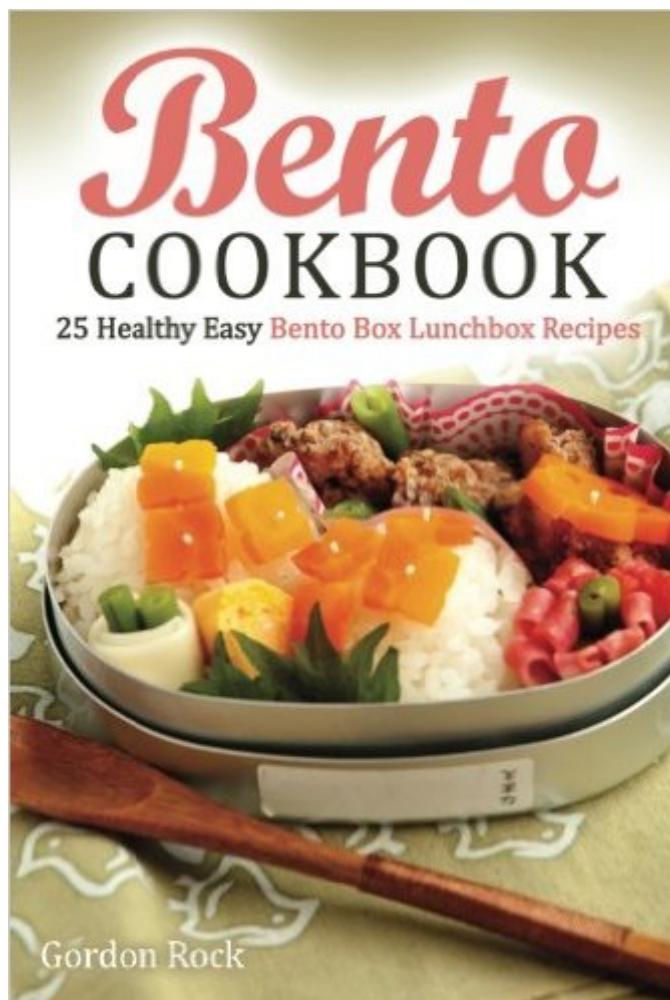


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# Bento Cookbook: 25 Healthy Easy Bento Box Lunchbox Recipes



## **Synopsis**

Do you love Japanese food? Have you ever wanted to prepare your own delicious bento box recipes? What if you had an easy to use bento cookbook that could help you create scrumptious bento box recipes? This cookbook features 25 easy, healthy Japanese recipes that can be incorporated to make meals for your bento box lunchbox. The Bento box lunchbox has been quite the rage in many parts of the world as it helps one to not only maintain a budget but has benefits of maintaining health. It is said that the bento box lunchbox has been on the forefront of the Japanese culture for maintaining weight. The recipes in this bento cookbook can be enjoyed by every member of the family and can be particularly good if you have always prepared lunch for yourself or kids. This book will give you pointers on how to use your creativity to make healthy and delicious lunches. Replace those processed snacks with some of these healthy ideas and make your body proud. If you love Japanese and you enjoy creative lunch ideas then go ahead and take a look further into this book.

## **Book Information**

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## **Customer Reviews**

This book was actually extremely helpful. I'm a fan of other Bento lunchbox recipes, but this one has been BY FAR my favorite. Not only does the beginning give reasons why you SHOULD make the recipes, it also tells you how to make your lunch more appealing (and healthier), and even provides a list of staples that you need for healthy eating. The roasted sweet potato with scallion butter was one of the most delicious lunches I've ever had, and all of my coworkers were begging to try it! I did

remain greedy though, and pointed them straight to this book!

I have to say that lunchbox meals get pretty boring. This book changed that for me indefinitely. The first recipe I tried was the japanese ginger pork, and it kept so well in my lunchbox. It didn't even taste as if I had cooked it the night before. The flavor combinations represented in this book are deeper and more pronounced than I would have thought possible. The recipes are so easy to follow and it'll be hard not to try to take everything for lunch at once. Next for me is the roasted eggplant! I have already recommended this book to my coworkers and one has already bought it. These recipes are great for anyone who gets tired of the same boring lunches all the time

Excellent book for anyone who loves bento boxes, is looking to keep everything healthy and freeh and likes to save money. i love knowing exactly what's going into my food and being able to control the sodium content and fats. but i also love delicious food. this solves both problems with one easy solution.

perfect for that friday night take out meal. only it's not take out and it's much better. it's healthier, it fresher and it flatout tastes better then any bento i've had in a restaurant. it's all about the ingredients and when you use fresh ingredients in these bento boxes, it makes a world of difference

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