



Bento Box Cookbook: Lunch Bento Box Recipes That Even the Kids Will Love (Paperback)

By Anthony Boundy

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Do you struggle to find nutritious lunch options? Do you often struggle with portion sizes well you are at work or while the kids are out at school? If the questions above sound like you, then creating a Bento Box for lunch options might just be perfect for you. What is a Bento Box you may ask? A Bento Box is traditionally a Japanese home - packed meal often with fish, meat, chicken, or rice with some form of vegetable generally packed in a box. These days, however, bento boxes can be found just about anywhere in the world and are also widely found in restaurants. But why go out to buy a Bento when you can easily prepare it in your own home. Using this Bento Box Cookbook, you will be able to create delicious and nutritious Bento Boxes that both your kids and adults alike will enjoy. So why wait? Grab your copy today and let s get cooking!.



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