



## Bento Cookbook: 25 Healthy Easy Bento Box Lunchbox Recipes (Paperback)

By Gordon Rock

Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Do you love Japanese food? Have you ever wanted to prepare you 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...



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