



Kawaii Bento Boxes: Cute and Convenient Japanese Meals on the Go

Joie Staff

Download now

[Click here](#) if your download doesn't start automatically

Kawaii Bento Boxes: Cute and Convenient Japanese Meals on the Go

Joie Staff

Kawaii Bento Boxes: Cute and Convenient Japanese Meals on the Go Joie Staff

A bento box meal (single portions of different foods packed in one reusable container) is a Japanese tradition that lends itself well to today's busy lifestyle. Although bento boxes are available to take out from restaurants and food stands, they are most frequently prepared at home, very often by parents wishing to provide their children with delicious, healthy, fun--and environmentally responsible--lunch and snack-time alternatives.

Kawaii Bento Boxes offers dozens of recipes and menus. For each box, the authors include detailed instructions for cooking, seasoning, decorating and assembling the components as well as an icon indicating how long it will take to prepare. The meals are not just easy to make, they are tasty, nutritious and economical, with each portion carefully calculated so that there are no leftovers. There are also suggestions for the right container for each meal. Most of the ingredients used are familiar and available to American cooks. Here are whimsical creations like soccer balls and animal faces made from shaped rice, tulips cut from dyed hardboiled eggs, hearts and stars carved out of vegetables, and much more. Perfect for parents looking to liven up their children's school lunches or park snacks, or for busy people who want to fix a quick and cheerful meal to take to work, *Kawaii Bento Boxes* highlights the Japanese passion for making food a treat for the eyes as well as for the mouth.

CONTENTS:

ONIGIRI BENTO

(16 variations including faces, soccer ball, animals, triangles, spheres)

RICE BENTO

(11 variations including bear, rabbit, ship, seasoned rice, teriyaki chicken over rice, etc.)

SUSHI BENTO

(12 variations)

BREAD BENTO

(12 variations including mini-sandwiches, rolls, etc.)

NOODLE BENTO

(9 variations including spaghetti, yakisoba noodles, udon)

SUMMER AND WINTER BENTO

(12 variations including summer dishes that wont spoil in the heat and winter dishes that are better when eaten warm)

TRADITIONAL/POPULAR/FAVORITE BENTO

(11 variations including favorite dishes like hamburgers, fried shrimp, fried chicken)

TIPS ON HOW TO STUFF THE BENTO BOX

WHAT TO STUFF IN THE BENTO BOX (including calories, carbohydrates, protein, etc.)
CUTTING AND DECORATING
MENUS BASED ON COLOR
EASY DESSERT RECIPES

 [Download Kawaii Bento Boxes: Cute and Convenient Japanese M ...pdf](#)

 [Read Online Kawaii Bento Boxes: Cute and Convenient Japanese ...pdf](#)

Download and Read Free Online Kawaii Bento Boxes: Cute and Convenient Japanese Meals on the Go Joie Staff

From reader reviews:

Charles Bryce:

The guide untitled Kawaii Bento Boxes: Cute and Convenient Japanese Meals on the Go is the e-book that recommended to you to learn. You can see the quality of the guide content that will be shown to a person. The language that creator use to explained their way of doing something is easily to understand. The author was did a lot of investigation when write the book, to ensure the information that they share for your requirements is absolutely accurate. You also could get the e-book of Kawaii Bento Boxes: Cute and Convenient Japanese Meals on the Go from the publisher to make you a lot more enjoy free time.

Barbara Folsom:

Your reading 6th sense will not betray an individual, why because this Kawaii Bento Boxes: Cute and Convenient Japanese Meals on the Go book written by well-known writer who really knows well how to make book that can be understand by anyone who all read the book. Written throughout good manner for you, leaking every ideas and composing skill only for eliminate your own hunger then you still doubt Kawaii Bento Boxes: Cute and Convenient Japanese Meals on the Go as good book not simply by the cover but also with the content. This is one guide that can break don't ascertain book by its deal with, so do you still needing one more sixth sense to pick this!?! Oh come on your examining sixth sense already told you so why you have to listening to one more sixth sense.

Keith Mayo:

Reading a book to be new life style in this year; every people loves to study a book. When you study a book you can get a wide range of benefit. When you read publications, you can improve your knowledge, since book has a lot of information on it. The information that you will get depend on what types of book that you have read. If you need to get information about your study, you can read education books, but if you act like you want to entertain yourself you can read a fiction books, these us novel, comics, along with soon. The Kawaii Bento Boxes: Cute and Convenient Japanese Meals on the Go provide you with new experience in studying a book.

Larry Strickland:

Some people said that they feel weary when they reading a guide. They are directly felt the idea when they get a half portions of the book. You can choose the particular book Kawaii Bento Boxes: Cute and Convenient Japanese Meals on the Go to make your own reading is interesting. Your own personal skill of reading talent is developing when you such as reading. Try to choose easy book to make you enjoy to study it and mingle the sensation about book and examining especially. It is to be very first opinion for you to like to start a book and go through it. Beside that the e-book Kawaii Bento Boxes: Cute and Convenient Japanese Meals on the Go can to be your brand new friend when you're feel alone and confuse using what must you're doing of the time.

Download and Read Online Kawaii Bento Boxes: Cute and Convenient Japanese Meals on the Go Joie Staff #160Y2NGIUEP

Read Kawaii Bento Boxes: Cute and Convenient Japanese Meals on the Go by Joie Staff for online ebook

Kawaii Bento Boxes: Cute and Convenient Japanese Meals on the Go by Joie Staff Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Kawaii Bento Boxes: Cute and Convenient Japanese Meals on the Go by Joie Staff books to read online.

Online Kawaii Bento Boxes: Cute and Convenient Japanese Meals on the Go by Joie Staff ebook PDF download

Kawaii Bento Boxes: Cute and Convenient Japanese Meals on the Go by Joie Staff Doc

Kawaii Bento Boxes: Cute and Convenient Japanese Meals on the Go by Joie Staff Mobipocket

Kawaii Bento Boxes: Cute and Convenient Japanese Meals on the Go by Joie Staff EPub