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Everyday Bento 50 Cute and Yummy Lunches to Go

By Wendy Thorpe Copley

Tuttle Publishing. Paperback. Book Condition: New. Paperback. 120 pages. Dimensions: 8.3in. x 8.0in. x 0.5in. Everyday Bento is packed with ideas for fun, delicious lunches. AlphaMom.com Your kids will look forward to lunch every single day with the delightful collection of recipes in Everyday Bento! The bento food movement teaches us that foods can be attractive, nutritious, fun and delicious all at the same time. Kids love to try foods that bring a smile to their faces, and will often eat things they wouldn't otherwise try. For example, they'll love an adorable bear cub made from brown bread, peanut butter and jelly nestled on a bed of blueberries. Cut watermelon into hearts, and tuck them next to a ham sandwich shaped like ballet slippers for your budding ballerina. Create building bricks from healthy cheese, carrots and cucumbers or a hot dog octopus, swimming across a sea of cucumber. Picky eaters or not, they'll try it! Wendy Thorpe Copley writes the popular bento blog Wendolonia, which takes the traditional Japanese concept of bento a single meal packed at home in a reusable container and Americanizes it. Using simple ingredients found in any grocery store, Wendy creates entertaining meals that are sure to delight even the most finicky...



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Reviews

Merely no words to spell out. It is amongst the most awesome publication i have read. Your life span will likely be transform as soon as you full reading this book.

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