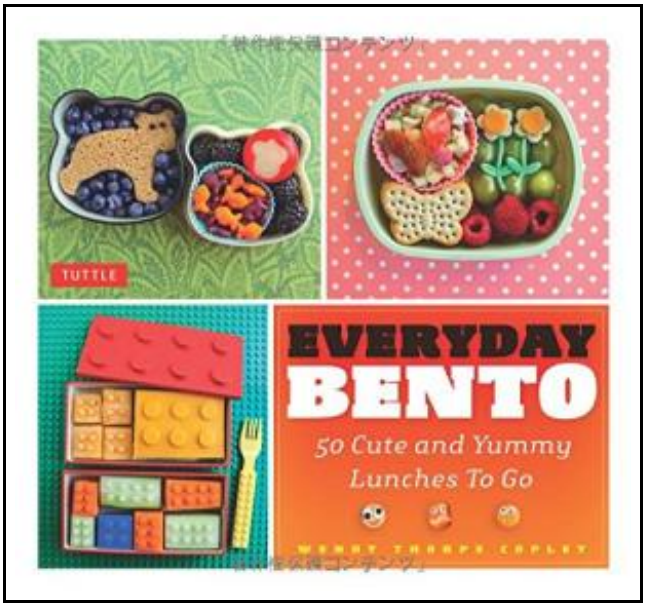
# Everyday Bento 50 Cute and Yummy Lunches to Go




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***(Spencer Fay)***

# EVERYDAY BENTO 50 CUTE AND YUMMY LUNCHES TO GO

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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. comYour 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 wouldnt otherwise try. For example, theyll 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 cucumbersor a hot dog octopus, swimming across a sea of cucumber. Picky eaters or not, theyll try it!Wendy Thorpe Copley writes the popular bento blog Wendolonia, which takes the traditional Japanese concept of bentoa single meal packed at home in a reusable containerand Americanizes it. Using simple ingredients found in any grocery store, Wendy creates entertaining meals that are sure to delight even the most finicky eater. Some of the fun and easy bento creations here include: Princess Bento Rock and Roll Bento Snowman Bento Butterfly Bento Farm Yard Animals BentoBesides being great fun to look at, bento lunches are a healthy way to enjoy food while keeping portions in check. Freshly-prepared lunches packed in portable, reusable boxes are also kind to the environment and easy on the walletvery important in todays economy. Everyday Bento teaches you a few simple techniques to make creative lunches, all in a reasonable time-frame for busy working parents. The 50 bento meals in this cookbook feature familiar foods with fun...

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