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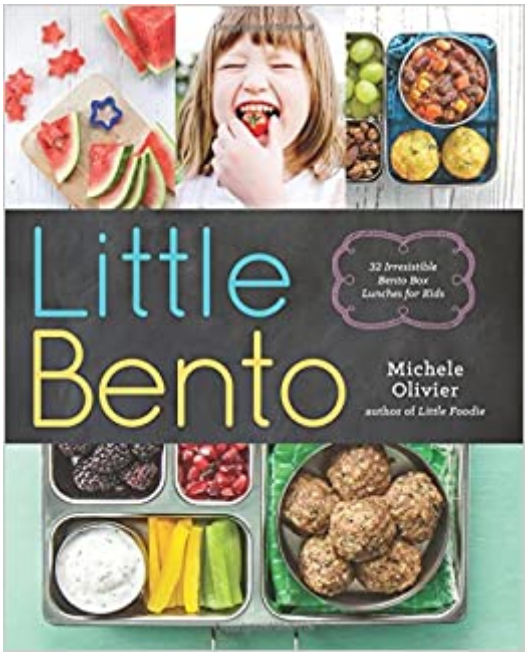
Little Bento: 32 Irresistible Bento Box Lunches For Kids



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Synopsis

"Trust me when I tell you, Little Bento is going to change your lunch game! This will revolutionize your lunch; whether you need to pack a lunch for school, day trips, the office, or simply need some inspiration for when youÃ¢â ¬â„¢re at home. You NEED this book."Ã¢â ¬â ¢Toddler and Toast blogYour challenge: Packing a healthy lunch for your picky little eater. Your solution: The bento box! Little BentoÃ Â is your ultimate bento guide to planning, preparing, and assembling yummy, wholesome, easy bento box lunches that your kids will actually eat. Say Ã¢â ¬Å“buh-byeÃ¢â ¬Â• to the stress of getting your kids to eat, and Ã¢â ¬Å“helloÃ¢â ¬Â• to the deliciously simple bento box with:Over 100 seasonally-inspired bento recipes and 32 photos of fully-assembled bento boxes for easy guidanceExpert guidance from mom, food blogger, and bestselling author of Little Foodie, Michele Olivier, who shows you how to make balanced bento meals using the #1 selling kids' lunch boxA weekly bento meal planning worksheet with helpful tips for planning your bento lunches in advanceQuick reference bento ingredient lists assist in making safe decisions for food sensitive or allergic eatersÃ¢â ¬Å“We started a new daycare program where I have to bring my own lunches and Little Bento has totally saved my life. Not only do I love the bento recipes for our son, I love some of them for myself! Lots of great options to make for dinner and use as lunch the next day. I also love that its divided into sections by season! Little Bento is a must have for parents looking to get out of a lunch rut and make sure their kids are getting great wholesome foods.Ã¢â ¬Â•Ã¢â ¬â ¢C. Webster, Customer

Book Information

Paperback: 178 pages

Publisher: Sonoma Press (August 9, 2016)

Language: English

ISBN-10: 1943451281

ISBN-13: 978-1943451289

Product Dimensions: 7.4 x 0.6 x 9.1 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 74 customer reviews

Best Sellers Rank: #1,991 in Books (See Top 100 in Books) #1 inÃ Â Books > Cookbooks, Food & Wine > Special Diet > Cooking for Kids #3 inÃ Â Books > Cookbooks, Food & Wine > Cooking Methods > Cooking with Kids

Customer Reviews

Praise for Michele OlivierÃ¢â ¬â„¢s first book Little Foodie: Ã¢â ¬Å“We love OlivierÃ¢â ¬â„¢s depiction of a foodie superhero Ã¢â ¬â œ an adventurous eater who isnÃ¢â ¬â„¢t afraid to at least taste everything, and her cookbook features awesome tips for turning your tiny taster into a true food loverÃ¢â ¬Â|Why You Should Buy It: Olivier recognizes that parents need to eat too, and includes fun drink pairings for the grown-up set. ItÃ¢â ¬â„¢s truly a cookbook for the whole family.Ã¢â ¬Â•Ã¢â ¬â ¢Red Tricycle "These are just great recipes, kid or not, lunch or dinner. From easy baked falafel, to Vietnamese meatballs with dipping sauce, to DIY garlic noodles and crispy chicken strips made with brown rice cereal and sunflower seeds, this are kid-approved recipes that are far from boring."Ã¢â ¬â ¢Blogger Nicki Sizemore, From Scratch Fast "Trust me when I tell you, this is going to change your lunch game!... This will revoluntionise your lunch; whether you need to pack a lunch for school, day trips, the office lunch or simply need some inspo for when your at home.You NEED this book."Ã¢â ¬â ¢Toddler and Toast Ã¢â ¬Â•Starting pre-school or Kindergarten is not only daunting for kids but for moms as well. I was struggling so much until Little Bento came into my life. With over 30 colorful bento recipes I won't be out of ideas anymore! Every recipe was so carefully thought through, they are healthy and also very family friendly.Ã¢â ¬Â• Ã¢â ¬â ¢Kats Delicious Kitchen Blog

Michele Olivier is a mother of two and the founder and author of the popular baby food blog Baby FoodE (babyfoode.com). Her recipes have been featured online on BuzzFeed, PopSugar, Red Tricycle, and Daily Parent, among others. She and her family live in Denver, Colorado. For more recipe inspiration and photos, follow her on Instagram @babyfoode and facebook.com/babyfoode.

This has been a great inspiration to me and having to pack lunches for my LO. So far we have both loved everything we've tried. Even the Cheesy Kale Quesadillas, which I didn't expect to like and did, and were his favorite so far. She gives great advice on how to mix things up for more variety, and each recipe makes it really easy to see how well it stores in the fridge or freezer so you can properly plan for packing multiple lunches at once.

Love this book! Cute, fun and inspiring!

This book has given me so many good ideas for meals for my little ones. Mine are not in school yet but we still use the recipe's for fun yummy meals.

So far I love this book. Has some great and tasty looking recipes! Now just to see it the little ones enjoy these recipes!

Love this book!

I purchased Little Foodie earlier this year and loved it, so I decided to order Little Bento. One of the things I love about this book (and Little Foodie) is that it's not preachy. If you can get organic cool, if not THAT'S OK. The author never condemns or judges. Michele Olivier just wants to help make simple, and healthy meals for your kids. I also like that she explains how to turn some of these meals into complete meals for the entire family or offers alternate meals if you don't want to make a certain meal. She also uses food children eat. I can't tell you how many sites I've been to telling me to go and get ethically sourced spirulina from the mountains of Ecuador or whatever else foolishness for a CHILD to eat. As with any cookbook, some things I'm probably not going to try because they appear to be a bit time consuming, but those recipes are very rare. The majority of the Bento lunches are quick and easy and most can be eaten throughout the week. The book is fun and relatable and offers great new ideas for lunch and/or dinner for the kids; or in my case goddaughter.

Book contains great books to ideas many of which can be adapted for paleo and keto diets.

I haven't tried any of these recipes yet but I already love the sound of the many and varied ones in this book. Having recently made a radical change in my eating, I am looking forward to trying a lot of these recipes.

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