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100 1	Popowa, Sara Kiyo, #e author.				
245 1 4	Bento power : #b brilliantly balanced lunchbox recipes / #c Sara Kiyo Popowa of Shiso Delicious.				
264 1	London : #b Kyle Books, #c [2019]				
300	192 pages ; #b color illustrations; #c 26 cm				
336	text #b txt #2 rdacontent				
337	unmediated #b n #2 rdamedia				
338	volume #b nc #2 rdacarrier				
500	Includes index.				
505 0	My story -- Bento ritual -- Kitchen tools -- sustainable -- 5 colors -- 5 elements --Base recipes -- Breakfast & sweet bento -- 15-Minute bento -- Everyday bento --Fantasy bento - - Un(usual) ingredients explained -- Index.				
520	"Many people bring their lunch to work to save money, time and to help control whatthey are eating (with no hidden nasties from processed shop-bought food), but sometimes it's hard to think of interesting, nutritious things to make. Sara has come to the rescue with her vibrant, fun and inspirational approach to lunch boxes. She concentrates on having 5 clear elements: complex carbs, protein, fruit and veg, and sprinkles as well as the 5 colors used in authentic Japanese cooking: red, white, black, yellow and green. With just a few essential ingredients, you add your extras to create highly nutritious, vegetarian, colorful boxes of joy. Sara includes ideas for bento breakfast boxes (Sesame Snap Granola Bento and Mighty Muesli), 15-minute bentos (Busy Days Instant Noodles and Lazy Tamago Bento), Everyday bentos (Red Velvet Quinoa Bento, Green Theme Bento and Zen Bento) and the Ultimate Fantasy bentos (Unicorn Noodle Bento and Fairy Jewel Box Bento). With tips on how to stock your bento store-cupboard and basic ingredients and recipes to get you going, now is the time for bento to bounce into your breakfast, lunch box, or even into your dinner parties, filling you with bento power!"-- from Amazon.com.				
650 7	Bento cooking. #2 fast				
650 7	Cooking, Japanese. #2 fast				
650 7	Lunchbox cooking. #2 fast				
650 7	Make-ahead cooking. #2 fast				
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