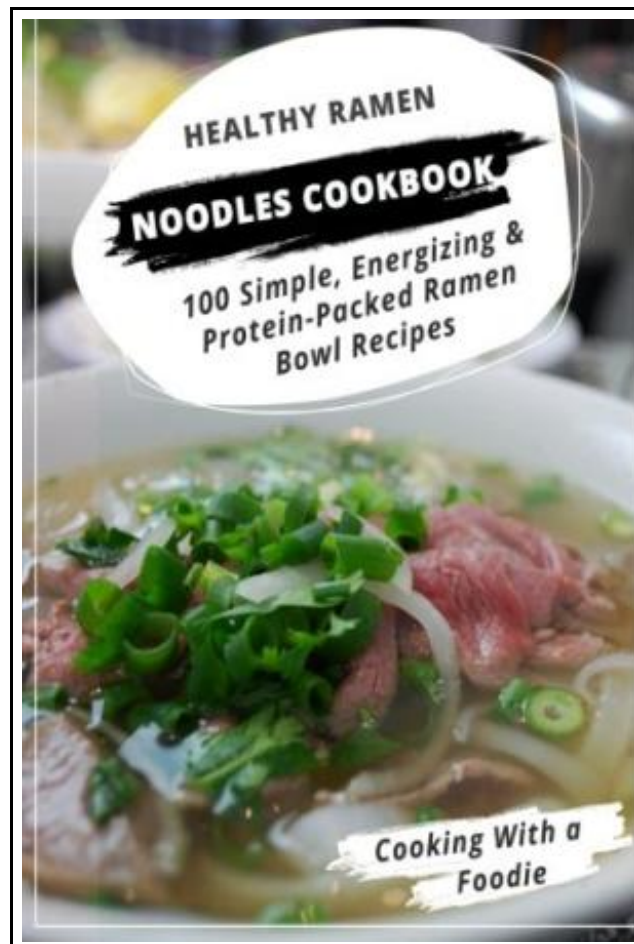


Healthy Ramen Noodle Cookbook: 100 Simple, Energizing Protein-Packed Ramen Bowl Recipes



Filesize: 6.05 MB

Reviews

It is great and fantastic. I actually have read and so i am certain that i am going to going to go through once again yet again in the future. I realized this ebook from my dad and i encouraged this book to find out.

(Dr. Kayden Gerlach)

HEALTHY RAMEN NOODLE COOKBOOK: 100 SIMPLE, ENERGIZING PROTEIN-PACKED RAMEN BOWL RECIPES



Createspace, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.This book is all lovers of Ramen noodles and people looking to learn how to cook healthy in a hurry! If the thought of a steaming hot Ramen noodle bowl makes your stomach growl instantly, then this book is for you. If you are one of those people who dumps a bag of Ramen into hot water and calls it a meal, then you re doing it all wrong. Stop eating bland tasteless food. The secret is that there are so many different kinds of noodles you can experiment with: shiitake noodles, zucchini noodles, soba noodles, sweet potato noodles, vegetarian Ramen noodles, udon noodles, rice noodles, egg noodles, and many more. The perfect bowl of noodles consists of 3 things: 1. The noodles 2. The toppings (meat vegetables) 3. The seasonings and spices (this adds a lot of flavor and sensation) The choices you make in each of these 3 categories will impact the overall experience of your noodle bowl from texture and taste to nutrition. Let s face it. The Ramen noodles that most people eat are flavorless and lack any real nutrition since they are looking for low budget meals. Great tasting meals that are healthy hearty don t have to be expensive. The Ramen noodle recipes in this book will beef up your meals without slaving yourself in the kitchen. Learn how to create full-flavored robust meals that are healthy, simple and protein-packed. We put together some of the most popular quick easy recipes that people search for (including vegetarian ramen noodles): - Chicken noodle soup - miso Ramen - creamy chicken - coconut curry noodles - vegetable soup - hot and spicy chili Ramen...



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