



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

By Cooking with a Foodie

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...



READ ONLINE
[8.72 MB]

Reviews

Very good eBook and valuable one. This is for anyone who stante that there was not a worth reading. You will not truly feel monotony at at any time of your own time (that's what catalogs are for concerning if you question me).

-- Ms. Ona Muller

The most effective publication i ever go through. It really is writter in simple phrases and not hard to understand. I am just easily will get a satisfaction of looking at a written publication.

-- Ila Pfeffer IV