



# Bento Boxes



## Method

Even the simplest, healthiest foods look extra-yummy when they're tucked inside colourful little compartments. Try filling the containers with a protein, some fruit, a few vegetables, and a small treat to sweeten the deal.

Bento Boxes give you the perfect opportunity to get creative and make a selection of your own themed fillings.

For our 'Fiesta' box we've used one cup of mixed bean salad, along with half a cup of melon wedges, 10 cubes of reduced fat cheese and a handful of wholegrain tortilla chips, with two tablespoons of salsa.

And if you can't find the Bento Box containers, try using cupcake cases inside a sandwich box instead!