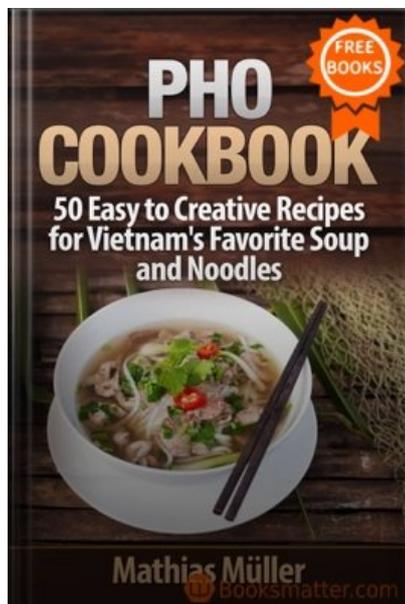


Pho Cookbook: 50 Easy to Creative Recipes for Vietnam's Favorite Soup and Noodles

PHO COOKBOOK: 50 EASY TO CREATIVE RECIPES FOR VIETNAM'S FAVORITE SOUP AND NOODLES EBOOK AUTHOR BY MATHIAS MÜLLER



📌 [Pho Cookbook: 50 Easy To Creative Recipes For Vietnam's Favorite Soup And Noodles eBook - Free of Registration](#)

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Genre: Regional & Ethnic

Summary

It is always a challenge to find a meal that can satisfy your palate without making you worry about its impact to your weight.

Dieters often resort to eating in small portions to maintain their healthy figure. They also try to trick their minds into thinking that the meal made them full. Unfortunately, the trick fails them most of the time. They end up craving for more food that has more calories and unhealthy ingredients.

This is where the **advantage of eating Pho and other Vietnamese noodles** becomes evident. Vietnamese Pho is **healthy, hydrating, nutritious, and filling**. Many now enjoy this dish even when they are on a diet. It is also one of the few **low-calorie broths** that can be prepared in advance.

This book introduces you to **50 Pho and other noodle recipes**. It teaches you the recipes for the base broth. It also teaches different and creative ways to prepare the Vietnamese noodle soup. It also includes other dishes that you can partner with your noodle soup.

The recipes are divided into **four categories**. These are:

Heavy Authentic Pho Noodles

The recipes in this category are a balance of the broth and the solid ingredients. They aim to keep you full for most of the day. The recipes could prevent you from craving for snacks. They are usually served with more meat. They are great for breakfast and for dieters who are looking for protein-rich meals. They are prepared and cooked in the authentic Vietnamese method.

Medium and Light Authentic Pho Noodles

The recipes included here are usually light to medium in terms of calorie content. They are intended to **keep you full** until dinner. This will help you control your cravings during nighttime. This will help you control your weight. Many researches claim that eating a lot at night is one of the top reasons more and more people are becoming obese.

Vegan Pho Noodles

Pho noodles usually appeal to meat lovers. But, this book includes recipes that allow vegans and vegetarians to enjoy Vietnamese cuisine as well. This section contains recipes that will make them discover how delicious the Pho authentic taste can be even without animal meat.

Pho with a Twist

This section features a fusion of traditional Vietnamese Pho, western dishes, and other Asian dishes. If your palate is used to the usual continental and Chinese dishes, these recipes will help you adjust slowly to the Vietnamese taste.

Additional Sections

The first section of the book will introduce you to the basic soup bases for the noodle soup. It also includes the procedures and tips for the preparation of the ingredients.

Near the end of this book, you will find a **section on recipes for side dishes** that you can pair with your Pho noodle soups for a more satisfying meal.

Eat healthy with Pho!

Download now and learn new and creative Pho recipes to make in your kitchen!

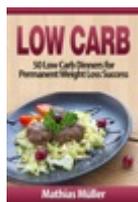
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