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D.I.Y INSTANT NOODLE CUPS

By Lisa Shaub

D.I.Y. instant noodle cups are great for the colder weather. They are vegan, easy to make and packed with nutrients for long days in a work or school environment.

You can be creative with the ingredients. I love a real Japanese ramen, so I add shredded cabbage, corn, raw onions, daikon and tofu to get a satisfying bowl of tasty soup. For a diabetic, low carb or paleo version check out our post [diabetic instant noodle cups](#).

The recipe "D.I.Y Instant. Noodle Cups" is adapted from the cookbook ["Packed-Lunch hacks and recipes to squeeze more nutrients into your day"](#) by Becky Alexander and Michelle Lake. This vegan, nutrient dense noodle cup can be easily taken to work in a Mason jar with a well fitting screw top. I like to layer my mushrooms and miso on the bottom and put the soba noodles on top, so they don't get mushy. If you want your add-on veggies and cashews to be crispy, keep them in another container and add after you have added your boiling water.







Ingredients:

- 1 tbsp organic brown miso paste
- 1/2 tsp chopped ginger- peeled and grated
- 1/2 de-seeded and finely chopped red chili
- 2 oz organic green tea soba
- 4 sliced shiitake mushroom
- 1 tbsp cashews
- 1 handful of shredded organic kale
- 1 finely chopped scallion

Add-ons:

- 2 tbs raw red cabbage
- 1 oz organic tofu
- 1 oz raw onion
- 2 oz shredded daikon

Directions:

1. Use a clean 16 oz Mason jar with a well fitting lid that is fresh from the dishwasher.

2. Layer your miso, chili, ginger, mushrooms, kale, scallions, and soba noodles.
3. When prepping the cashews, if you like them crunchy, roast in a cast iron pan for 30 seconds and pour into a separate container. They will keep for two days.
4. After layering, leave about two inches of space at the top for your water.
5. When you are at work, starving and ready for something yummy just add boiling water, wait one minute and enjoy.

Notes:

Having extra things on hand like sesame oil, sesame seeds, soy sauce, or chili sauce can enhance your experience, so keep a small amount of these in a drawer at work. You can play around with the ingredients. I enjoy the health-enhancing qualities of different mushrooms, so if I can find them at my local gourmet supermarket I add in chanterelles, enoki, maitake or hen of the woods mushrooms. Tasty and terrific!



ABOUT THE AUTHOR

Hi, I'm Lisa! I love to cook and eat delicious food, and live a rich abundant life. I am a busy Mom from N.Y.C. writing about d.i.y. lifehacks for your healthy body, mind and community. Living well is best! Follow Lisa at- www.lslivewell.com

