

Survive the hot summer
with natto power!



No summer fatigue
with natto power!

Udon Noodles with Natto

Ingredients

Natto - 1 pack
Okura - 1 piece
Small negi onion - As much as you like
Egg - 1 piece
Udon noodle - 1 serving
Shredded dried bonito - As much as you like
Noodle soup - As much as you like

How to cook

1. Shred boiled okura, and mix them with natto.
2. Place the boiled udon noodles in the dish. Put the 1 above, egg, and negi onion over it. Pour shredded dried bonito and noodle soup.

ポリアミンが若さをつくる

全納連

全国納豆協同組合連合会