

Vegetarian Instant Noodles | WholesomeBowl.com



Our Wholesome Bowls are made with premium ingredients to deliver a premium taste, but at an accessible price. Because convenience should never compromise quality. We've combined the traditional taste of noodles with the science of modern dietetics, to create authentic-tasting noodles specifically [Instant Ramen Recipe](#) formulated to help you feel whole and balanced. Sometimes, life gets busy and meal prep gets hard. You want an easy alternative; one that doesn't compromise your health, or requires too much time in the kitchen.

We've been there, and we hated it. Sick and tired of unhealthy meal replacements and instant noodles with no nutrition, we decided to make a change. As massive instant noodle fans, we wanted a truly healthier alternative without making any compromises on taste. It had to be something we loved eating ourselves. This process took 2 years, working closely with Food [Plant Based Noodles](#) Standards Australia guidelines on health and nutrition, whilst also partnering with some of the best flavour developers and noodle makers in the land.

The final result? The Wholesome Bowl! And we're super proud of it. We're dedicated to delivering noodles that nourish you from the inside out. Not only will your taste buds love us, but your health will as well. Unlike regular noodles, we've packed ours with actual nutrients!! This includes 17g of protein, 6g of fibre and 16 vitamins and minerals to each meal. Our [Buy Wholesome Noodle Bowl](#) founder is an instant noodle fanatic and arguably the world's biggest consumer of them (don't tell him we told you that). During development he wouldn't settle for anything less than "amazing". The ultimate goal was a nutrient-packed noodle, that couldn't be told apart in taste and texture from the "regular" stuff. It took 2 long years in the development kitchen, but we did it!!!!

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