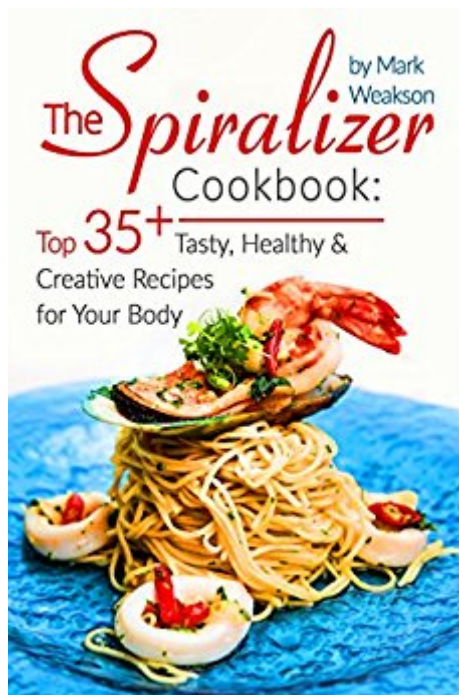




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Spiralizer Cookbook: Top 35+ Tasty, Healthy And Creative Recipes For Your Body



Synopsis

Whether you're gluten-free, or simply looking to eat healthier meals, you know this for certain: Carbs are out and vegetables are in. This trusty Spiralizer Cookbook will make it easier than ever to prep and enjoy 35 recipes for flavorful and good-for-you meals that are built around veggies.. Vegetable And Fruit Noodles Help Promote Healthy Weight Loss And Maintenance. V g t bl Ñ• r high in water (such Ñ• ZuÑ•Ñ•hiniÑ•) nd h lÑ detox Ñf ur b dÑf, ridding it f unw nt d t xinÑ• and l ving Ñf u r fr Ñ•h d and hÑfdr t d. Vegetables h v n abundance of di t rÑf fib r, which h lÑ Ñ• keep Ñf u fuller l ng r nd h lÑ with your everyday dig Ñ•ti n. C rt in vegetables v n h lÑ Ñ•Ñ ik th metabolism, such Ñ• zucchinis, whiÑ•h r high in f l t Ñ•. Spiralizing makes more out of your vegetables and fruits. Wh n you simply dice, Ñ•h Ñ r cube v g t bl Ñ• â “ Ñf u barely get a Ñ•uÑ of that food. With Ñ•Ñ ir lizing, n small v g t bl Ñ• n Ñfi ld many Ñ•uÑ Ñ• of fluffÑf, Ñ•Ñ ir l vegetables. ThiÑ•w Ñf, v g t bl Ñ• nd fruits g al ng w Ñf, so you b Ñ•Ñ• llÑf Ñ• nÑ•um a lesser m unt of wh l v g t bl Ñ•, whil feeling like youâ™re ting a big Ñ rti n, n Ñ•Ñ• unt of th n dl shape f Ñ•Ñ ir liz d v g t bl Ñ•. ThiÑ• way, you Ñ• ng t m r â œb ng f r Ñf ur buÑ•kâ • with your vegetables and fruits â “ f r example, one m dium red Ñ t t iÑ• enough f r two Ñ l t enjoy in noodle f rm. To make it more interesting the book offers different combinations of vegetables with meat, seafood and poultry. You will also find plentiful recipes of soups and salads. Don't wait any more! Download 35 The Spiralizer Cookbook TODAY, and start enjoying cooking again!

Book Information

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Customer Reviews

This book is beautifully written, well instructed, and super easy to follow. The recipes of this book not only healthy but are also easy to follow. This book has a great information really helps someone like me whose new in this. I've really glad I found a worth keeping book. I like this book and I use it almost every day. This Spiralizer Cookbook has a lot of awesome simple and mouth watering formulas for any sort of eaters.

Absolutely stunning, the photos showcase the vibrant colors of these veggies. All the recipes I have made for my family from this cookbook have been fine! I'm excited to try out more of the recipes from this cookbook. The kids think it's so fun to have spiralized veggies. Also I love to see photos of the dishes I cook, so that's always a plus with this book. And the recipes are pretty quick for a weeknight after a long work day. Love!

Really this book contains a good selection of recipes that you can cook with a spiralizer. I have tried cooking couple of salads from this book and loved the results. I found all recipes in this book very interesting, however salads are just amazing. The instructions in the book are also clear.

This book is a great addition to any kitchen or collection of books on cuisine. It's a must read and share for those who wanted to eat vegetables with different kinds of recipes. There are simple and scrumptious recipes inside. I really appreciate the spiralizer.

Tasteful and practical recipes. Very well written book. Each recipe has a beautiful picture. Very practical. There's a separate list of ingredients. Wonderful! Highly recommend.

Unlike many recipe books - you can tell that these recipes have been tested and tried many times before they were published! Every single recipe is absolutely delicious!! I mainly like the spiralized

zucchini. I love this book. SUPER!!

Hope to use this with the new spiralizer

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