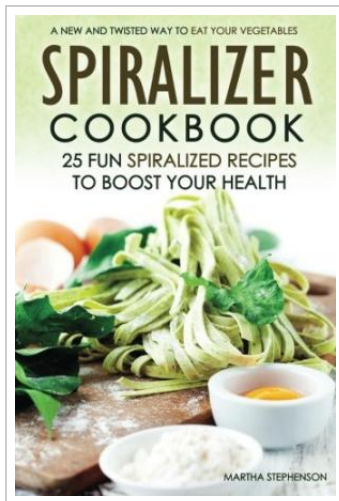




Spiralizer Cookbook - 25 Fun Spiralized Recipes to Boost Your Health: A New and Twisted Way to Eat Your Vegetables (Paperback)

By Martha Stephenson

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Whether you re into a vegan or gluten-free diet; on your way to losing weight or would just like to adapt healthy eating habits in general, vegetables are a must in your daily menu. But we ve been peeling, slicing and cooking vegetables the same way over the years that daily routine has become dull and boring. The Spiralizer Cookbook: 25 Fun Spiralized Recipes to Boost Your Health was creatively inspired by the spiralizing device that churns out pastas, ribbons and other creative shapes and forms out of your traditional vegetable. This spiralizer recipe book allows you to create spaghetti out of cucumber and zucchinis, rice from turnips and ribbons from apples. The results are new inspired and creative dishes that will encourage you to eat your vegetables more. Spiralized dishes from fruits, vegetables and rootcrops provide a twisted and whole new way for healthier eating. This spiralizer recipe book will teach you how to: Spiralize your dishes, whether it s for breakfast, lunch, dinner or in-between meals. You can replace whole wheat pasta with spiralized vegetables, ideal if you...



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