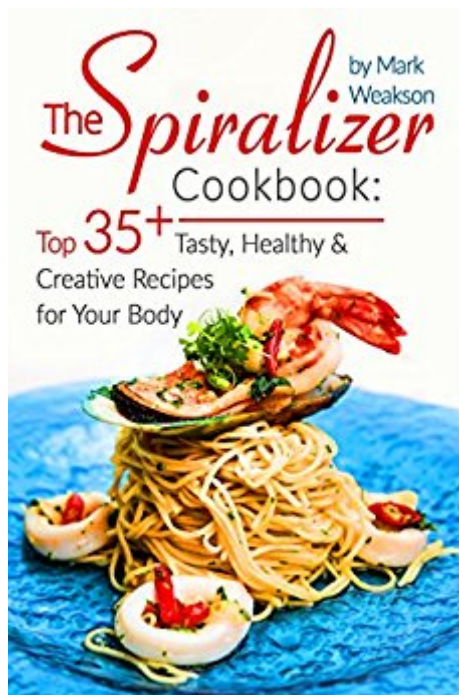




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# Spiralizer Cookbook: Top 35+ Tasty, Healthy And Creative Recipes For Your Body



## 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. Veggies like leafy greens, cruciferous vegetables, and berries are high in water (such as cucumbers, watermelon, and strawberries) and contain antioxidants that help reduce inflammation. Leafy greens like spinach, kale, and Swiss chard are also rich in fiber, which helps with digestion and keeps you fuller longer. Cruciferous vegetables like broccoli, cauliflower, and Brussels sprouts are known for their detoxifying properties, helping to support the liver and kidneys. Berries, such as blueberries, raspberries, and strawberries, are packed with antioxidants and are low in sugar, making them a healthy snack. Incorporating these foods into your diet can help you maintain a healthy weight and overall well-being.

Spiralizing makes more out of your vegetables and fruits. When you simply dice, you barely get a portion of that food. With spiralizing, small vegetable sticks, like zucchini, carrot, and sweet potato, can be used in many ways. They can be used as a snack, a side dish, or even as a main course. They can be used in salads, soups, and stews. They can be used as a substitute for bread or pasta. They can be used in many other ways. The possibilities are endless. This is why spiralizing is a great way to get more out of your vegetables and fruits. It's a simple, easy, and healthy way to enjoy your food. So, why not try spiralizing today? You'll be amazed at how much more you can get out of your vegetables and fruits. 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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Spiralizer Recipes With Smart Points-Turn Vegetables Into Low Points Pasta Alternative Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) Mug Recipes Cookbook : 50 Most Delicious of Mug Recipes (Mug Recipes, Mug Recipes Cookbook, Mug Cookbook, Mug Cakes, Mug Cakes Cookbook, Mug Meals, Mug Cookbook) (Easy Recipes Cookbook 1) Air Fryer Cookbook (Includes Paleo, Vegan, Pot, Clean Eating, Low-fat, Bake, Roast, Fry, Grill, Healthy, Delicious, Tasty, Easy, Simple Cooking, Greek): 300 Easy Recipes for Quick and Tasty Meals BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies)

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