



The Spiralizer Recipe Book: From Apple Coleslaw to Zucchini Pad Thai, 150 Healthy and Delicious Recipes

Carina Wolff

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150 easy ways to turn vegetables and fruits into creative and healthy meals!

Vegetable spiralizers are the latest must-have kitchen gadget, and with good reason. They're affordable, easy to use, and make healthy eating fun and quick. Whether you're following a Paleo, gluten-free, raw, or low-carb diet, you'll find unique ideas for satisfying, fiber-rich meals that are built around healthy vegetables and fruits, including:

- Quick and Easy Jalapeño Hash Browns
- Sweet and Salty Apple Chips
- Slow-Cooker Buffalo Chicken Lettuce Cups with Spiralized Carrots
- Zucchini Pad Thai
- Cajun-Spiced Jicama Shoestring Fries
- Spiralized Fruit Salad with Coconut Whipped Cream

You can use any type of spiral cutter, or even a simple vegetable peeler, to transform vegetables and fruits into noodles, shoestrings, or corkscrew shapes in minutes. Featuring an introduction to spiralizing techniques; lists of the best vegetables and fruits to use; and imaginative, low-carb recipes, *The Spiralizer Recipe Book* will give you 150 reasons to use your spiralizer every day!

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Daniel Moore:

Playing with family in a park, coming to see the coastal world or hanging out with buddies is thing that usually you could have done when you have spare time, subsequently why you don't try issue that really opposite from that. Just one activity that make you not feeling tired but still relaxing, trilling like on roller coaster you are ride on and with addition info. Even you love *The Spiralizer Recipe Book: From Apple Coleslaw to Zucchini Pad Thai, 150 Healthy and Delicious Recipes*, you may enjoy both. It is excellent combination right, you still wish to miss it? What kind of hangout type is it? Oh come on its mind hangout people. What? Still don't obtain it, oh come on its called reading friends.

Ralph Overman:

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Johnny Relyea:

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