

## Spiralizer Recipe Book Spiralizer Recipes For Weight Loss Anti Aging Anti Inflammatory So Much More Recipes For A Healthy Life Book 2

Top 98 Veggie Friendly Spiralizer Recipes-From Sweet Potato Fries And Zucchini Ribbons To Carrot Rice And Beet Noodles Wondering what to do with your spiralizer? Here's a collection of recipes for you! Put your spiral cutter to work with these tasty dishes. Get ready for one of simplest, and most delicious recipes you've tried in a long time Spiralized eating isn't only healthier, it's more fun. With spiralizing, you have more versatility in the shapes and sizes of your vegetables, so you can put a twist on classic holiday dishes There are 98 recipes in this book that will teach us how to make nutrient-dense meals with the aid of a spiralizer, a kitchen device that is easy to use and worth adding into your kitchen. Countless hours of slicing, dicing or chopping your veggies become a thing of the past: just mount your desired blade and ingredient in a spiralizer, turn the handle clockwise, and voila! Your vegetables turn into crisp cuts and strands that are ready to be mixed into soups, salads, pasta dishes and breakfast meals. Moreover, this book contains basic know-how about the spiralizing process such as a step-by-step guide on using a spiralizer, a list of spiralizer-friendly vegetables and the health benefits we can expect to see in ourselves once we incorporate a healthier and paleo-friendly diet. Here Is A Preview Of What You'll Learn... Paleo-Friendly Carbonara Roasted Carrot and Coconut Crostino Chicken and Zucchini Noodle Bowl Mediterranean Zoodle Platter Spiralized Zucchini Rice with Sweet Cider Dressing Parmesan Broccoli Noodles with Tomatoes Beet Noodles with Tangy Mustard Dressing Gluten-Free Parsnip Puttanesca Avocado and Beet Omelet Rutabaga Spaghetti with Truffle Marinara Sauce Summer Prosciutto and Cottage Cheese Pasta Much, much more! Buy your copy today! Try it now, click the "add to cart" button and buy Risk-Free Inside these pages, you'll discover 80 inspiring recipes for the spiralizer. With this innovative and easy-to-use tool, create delicious, attractive, nutrient-packed spirals and ribbons of fruit and vegetables. Transform your home cooking with low-calorie "pasta" and "noodles" and much more made from fresh ingredients.

Spiralizing has taken the culinary world by storm, and now everyone can make their own delicious spiralized recipes at home. Vegan, paleo, low carb and gluten-free diets are all catered for, so you can create imaginative, nutritious meals for the whole family. From Bang Bang Chicken and Vegetable Noodles to Skinny Carrot Fries and Spiralized Squash & Sage Risotto, you can transform any vegetable into a delicious meal which is the equal of its indulgent original. Soups, salads, snacks and sweet treats are all covered, as well as family favourites like Cottage Pie and Chicken Wings. All the recipes are short and simple with easy-to-follow steps, and all are accompanied by a full-colour photograph of the finished dish.

Expert dishes for every occasion—with step-by-step guidance and basic tips for aspiring culinary geniuses. There is no better way to learn how to cook like a pro than to start with a comprehensive collection of super tasty and reliable recipes supported by step-by-step directions and illustrated techniques. From breakfast, soups, salads, and snacks to main courses and desserts, the more than seventy-five recipes in these pages equip the aspiring junior chef with expert dishes for every occasion. Whether you're interested in whipping up apple pancakes to start the day, frying crispy Japanese tempura, making Italian gnocchi from scratch, roasting a holiday turkey, or perfecting the art of the pie crust, the recipes in these pages will soon have you cooking like a master chef.

This spiralizer cookbook includes various spiralizer recipes, such as soups, salads, vegetable noodles, spaghetti or pasta. It will inspire you to prepare interesting spiralized vegetable recipes for the whole family. This book could be used by vegans and vegetarians as well because it has lot meatless and vegetable recipes. With this spiralizer recipe book you will: - Enjoy 45 inspiralized cookbook recipes - Learn how to prepare delicious inspiralized meals - Cook spiralized dishes for a whole family - Start healthy spiralized dishes diet Please note! Two options of the Paperback Spiralizing Cookbook are available: Black and white version Full-color edition - Simply press See all formats and editions above the price. Press left from the "Paperback" button.

Get the recipes everyone is talking about in the debut cookbook from the wildly popular blog, Skinnytaste. Gina Homolka is America's most trusted home cook when it comes to easy, flavorful recipes that are miraculously low-calorie and made from all-natural, easy-to-find ingredients. Her blog, Skinnytaste is the number one go-to site for slimmed down recipes that you'd swear are anything but. It only takes one look to see why people go crazy for Gina's food: cheesy, creamy Fettuccini Alfredo with Chicken and Broccoli with only 420 calories per serving, breakfast dishes like Make-Ahead Western Omelet "Muffins" that truly fill you up until lunchtime, and sweets such as Double Chocolate Chip Walnut Cookies that are low in sugar and butter-free but still totally indulgent. The Skinnytaste Cookbook features 150 amazing recipes: 125 all-new dishes and 25 must-have favorites. As a busy mother of two, Gina started Skinnytaste when she wanted to lose a few pounds herself. She turned to Weight Watchers for help and liked the program but struggled to find enough tempting recipes to help her stay on track. Instead, she started "skinny-fying" her favorite meals so that she could eat happily while losing weight. With 100 stunning photographs and detailed nutritional information for every recipe, The Skinnytaste Cookbook is an incredible resource of fulfilling, joy-inducing meals that every home cook will love.

"Zoodles Spiralizer Cookbook makes it clear that you don't have to choose between eating healthy and satisfying your cravings." --Caroline Kitchener, contributing writer to The Atlantic Working more vegetables into your diet can be challenging. But with Zoodles Spiralizer Cookbook you can get the health benefits of vegetables with the gratification of your favorite pasta and noodle dishes. Enjoy Fettuccine Alfredo or Chicken and Veggie Chow Mein free of carbs, gluten, refined sugars, and grains with this all-in-one spiralizer cookbook. Perfect for beginners or spiralizing enthusiasts, Zoodles Spiralizer Cookbook offers: 75 fresh, flavorful zoodle recipes for making pastas, soups, noodle dishes, and salads An overview of different spiralizer models so you can select the best one for you Knowledgeable guidance from a nutrition expert on how to prep and use the best vegetables for spiralizing Certified Holistic Health Coach Sonnet Lauberth has been helping others eat healthier with her popular food blog, In Sonnet's Kitchen. With her original recipes in Zoodles Spiralizer Cookbook you'll stop stressing and start spiralizing your way to a new way of thinking about?and eating?your veggies. "I love Zoodles Spiralizer Cookbook! Easy to cook and TASTY recipes. I have tried a couple of them and love them. I am working on getting away from CARBS and with tasty meals like these it is simple to do. I can't even tell I'm not eating flour noodles...and I don't miss them!"--Amazon Customer

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

NEW YORK TIMES BESTSELLER • The definitive cookbook for using a spiralizer: the kitchen gadget that turns vegetables and fruits into imaginative, low-carb dishes. On her wildly popular blog, Inspiralized, Ali Maffucci is revolutionizing healthy eating. Whether you're low-carb, gluten-free, Paleo, or raw, you don't have to give up the foods you love. Inspiralized shows you how to transform more than 20 vegetables and fruits into delicious meals that look and taste just like your favorite indulgent originals. Zucchini turns into pesto spaghetti; jicama becomes shoestring fries; sweet potatoes lay the foundation for fried rice; plantains transform into "tortillas" for huevos rancheros. Ali's recipes for breakfast, snacks, appetizers, sandwiches, soups, salads, casseroles, rices, pastas, and even desserts are easy to follow, hard to mess up, healthful, and completely fresh and flavorful. Best of all, she tells you how to customize them for whatever vegetables you have on hand and whatever your personal goal may be—losing weight, following a healthier lifestyle, or simply making easy meals at home. Here, too, are tons of technical tips and tricks; nutritional information for each dish and every vegetable you can possibly spiralize; and advice for spiralizing whether you're feeding just yourself, your family, or even a crowd. So bring on a hearty appetite and a sense of adventure—you're ready to make the most of this secret weapon for healthy cooking.

Your Spiralizer Can Turn Traditional Pasta into Gluten Free Pasta! Want to know how to use your new vegetable Spiralizer to make appetizing, gluten-free meals for your family? Then the "Spiralizer 101" series of books is for you! With illustrated instructions, this book will answer all of your questions about spiralizers, such as: - How can I make zucchini pasta, potato lasagna, cauliflower rice, and other pasta and rice replacements from fresh vegetables? - How to use the popular brands of spiralizers (such as the Paderno, Veggetti, iPerfect, Mueller, Brieftons and others)? - What are the different shapes and sizes of spiral cuts I can make? - How to spiral cut vegetables without a spiralizer? - How to choose the right vegetables for spiralizing? - What kind of meals can I make with spiralized veggies? In addition, the book contains 101 time-tested recipes designed to satisfy your hunger for the foods you enjoyed before gluten became forbidden. Would you like to enjoy Gluten-Free fettuccine alfredo? Pasta Arrabiata? How about spicy Drunken Noodles? Or a homemade Chicken and Noodle soup? Who is this book for? You want to learn how to make zoodles You are gluten sensitive or have celiac disease You eat gluten-free or wheat-free meals Compatible with Against the Grain, Wheat Belly, Inspiralized, or other popular books You have a Paderno spiralizer, Veggetti Spiralizer, Mueller Spiralizer, or any other brand of vegetable spiralizer or spiral slicer You love pasta dishes, but want to eat healthy You desire low carb pasta or veggie pasta, such as vegetable spaghetti, spiral pasta, low carb noodles, etc. Paperback version recommended for better use in the kitchen. Click the BUY button today! NO RISK GUARANTEE! Preview of the 101 delicious Gluten-Free recipes inside: SOUPS: Asian Pasta with Broth Black Bean & Noodle Soup Butternut Squash Avocado Soup Curried Leek & Lentil Soup Green Chile, Chicken, Squash Soup Mexican Chicken Noodle Soup Mexican Tomato Soup with Squash Noodles Gluten Free Miso Noodle Soup Pork & Noodle Soup with Greens Pumpkin Noodle Soup Rosemary Root Vegetable Soup Shoyu Cabbage Soup Shrimp Soup with Bok Choy Sizzling "Rice" Soup Slow - Cooker Minestrone Thai Chicken Noodle Soup Tunisian Noodle Soup SALADS: Asian Chicken & Noodle Salad Beef Salad Beet Salad Colorful Carrot & Beet Slaw Dill Salmon Pasta Salad Greek Pasta Salad Light Citrus Ginger Tofu Salad with Carrot and Squash Noodles Mediterranean Pasta Salad Noodles & Humus Salad One Pot Kale and Cauliflower Pilaf Pasta Primavera Salad Roasted Baby Turnips with Dijon-Shallot Vinaigrette and Beet Noodles Shaved Asparagus, Yellow Squash, and Mint Salad South of the Border Jicama-Avocado Salad Thai Green Papaya Salad Vegetables with Rosemary Vinaigrette Zucchini and Squash Summer Salad with Golden Raisins, Pistachios, and Mint Zucchini, Squash, and Spinach Salad with Apples and Cranberries SIDES: Potato-Veggie Latkes Baked Zucchini and Potato Pancakes Cabbage and Apple Sauté Curried Vegetable Couscous French Peasant Beets Spirals Lemon Chard Pasta Mediterranean Squash Stir-fry Mexican Slaw Perfumed Noodles with Fruit & Nuts Roasted Vegetable Snacks Sesame Noodles Spicy Slaw Squash Sauté MAIN DISHES: Baked Chicken Parmesan with Noodles Baked Eggs with Spiralized Jicama Beef Paprikash with Squash Noodles Beef Pho Cabbage and Apple Sauté Cabbage "Spaghetti" with Turkey Sauce Chicken Curry with Cauliflower "Rice" Chili Cincinnati Style Curried Chicken with Pasta Drunken Clams with Sausage "Drunken Noodles" with Chicken Ethiopian-Inspired Spicy Chicken Stew Florentine Potato Pasta Casserole Funky Low Fat Chicken

The Spiralizer Cookbook - Over 30 Spiralizer Recipes For The Spiralizer - Healthy, Delicious Spiral Cutter Recipes For The Paderno Spiralizer At last a cookbook loaded with over 30 spiralizer recipes that you can make with your Paderno Spiralizer or regular vegetable spiral slicer. My name is Katey Goodrich and I wrote the spiralizer cookbook because like you I purchased the best kitchen tool ever, the Paderno Spiralizer but couldn't find a cookbook with recipes for it. Having already published 55 Superfoods on Kindle I decided to stop complaining and write one that I could share with you and others, and here it is. This is only the first in a series that will cover many diets and cooking topics that the spiralizer is perfect for. And yes! It has plenty of zucchini noodle recipes as well. I have included helpful tips and advice on cleaning, maintaining and using the spiralizer as well as over 30 starter recipes to get you going. The recipes are good for hand held spiral cutters as well. Included are spiralizing tips and advice for many fruits and vegetables including, Apples, Beets, Butternut squash, Cabbage, Carrots, Celeriac, Cucumbers, Daikon , Eggplants, Jicama , Kohlrabi, Onions, Parsnips, Pears, Plantain, Potatoes, Squash (yellow, summer, Mexican), Radishes, Sweet potato, Turnips, Yams and Zucchini. I have also included advice on how to prepare the vegetables for spiralizing and cooking, and which blade to use for each dish. You will never be lacking for choice again where it comes to finding a tasty, nourishing vegetable spiralizer based meal again, or spend hours trolling through the internet searching for a recipe to suit your tastes. The Spiralizer Cookbook has over 30 delicious, healthy and easy to prepare spiralizer recipes to start you off with. There are breakfast, lunch and dinner recipes that you and your family will enjoy every week. In no time at all you'll be a spiral slicer wiz and with my spiralizer cooking and preparation tips and advice you'll soon be creating your own versions of popular spiral cutter recipes. The Spiralizer Recipe Book is perfect if you watching your weight or intending to lose some weight, most of the recipes are diet conscious and because of this fantastic little kitchen tools unique abilities traditional recipes have had their fat content and calories reduced dramatically, but are still delicious and satisfying. The spiraliser cookbook has recipes that are suitable for people on special diets such as, Vegetarian, Paleo, Wheat free, Low-carb, Vegan, Weight loss, gluten free, low gi, raw food, diabetes and heart healthy. But that doesn't mean you get to eat just a carrot or starve yourself, every recipe was carefully chosen as a perennial family favorite and adapted for the spiralizer, making them healthier, more nutritious, but still loaded with taste and many would say even better tasting than the original. Are you inspired? Or should I say Inspiralized! Then let's get Spiralizing.

This spiralizer cookbook was written to help you to prepare amazing, delicious and healthy spiralizer recipes that you can prepare for yourself, your friends or family. This spiralize cookbook

includes 40 spiralize everything dishes, such as: - Vegetable Noodles and Pasta - Inspiralized Salads - Spiralized Soups - Spiralized Hot Dishes With this spiralizer recipe book you will: - Enjoy 40 inspiralized cookbook recipes - Learn how to prepare delicious inspiralized meals - Cook spiralized dishes for a whole family - Start healthy spiralized dishes diet Please note! Two options of the Paperback Spiralizing Cookbook are available: Black and white version Full-color edition - Simply press See all formats and editions above the price. Press left from the "Paperback" button.

WANT TO LEARN THE TOP 53 SPIRALIZER RECIPES WITH STEP BY STEP INSTRUCTIONS? Here Is A Preview Of What You'll Learn... Bringing the Spiralizer Into Breakfast Some Simple Side Dishes Chicken Recipes for the Whole Family Beef for Dinner Tonight! Other Great Spiralizer Options! Much, Much, More! Here Is A Preview Of Some Of The Recipes You'll Learn... Sweet Potato Breakfast Cheddar Squash Pancakes Greek Pasta Salad Beetroot Salad Vegetable Wrap Zucchini and Chicken Noodles Chicken Salad Turkey Meatballs and Spaghetti Turkey Noodles Bell Pepper and Tuna Salad Sandwich Zucchini Manicotti Much, Much, More!

Delicious Spiralizer Inspired Low Calorie Recipes For One – All Under 200, 300, 400 & 500 Calories. If you are looking for new and fresh meal ideas to use with your spiralizer then this book is for you! Get ready to open yourself up to a whole new world of possibilities. Our calorie counted low fat recipes will help you make the most of your spiralizer: serving up super-fast, simple meals, soups, sides, salads and more. With our recipes and your spiralizer, mealtime prep is fast and fun. Every skinny dish serves one and is calorie counted to fall below either 200, 300, 400 or 500 calories. Recipes include: Sweet Ground Beef & Zucchini Twirls Shrimp & Fresh Pea Noodles Veggie Lime & Cashew Stir-Fry Beef Noodle Soup Skinny Sausage & Spinach Spaghetti Fresh Lime Zucchini Ribbons Garlic Chicken & Cucumber Ribbons Honey & Thyme Egg Plant Onion & Balsamic Dressed Pasta Spiralized Bubble & Squeak Sundried Tomato & Basil Pasta Creamy Squash Sauce Spaghetti Chicken Miso Soup Wok Egg Soup Sweet Chilli Prawn Noodles Spiced Spinach & Spiralized Sweet Potatoes Beef Keema Fresh Tuna Stir-Fry Bean & Halloumi Ribbon Salad Sweet Potato & Porcini Spirals Skinny Sausage & Spinach Spaghetti Pesto Chicken Pasta Honey Chicken & Crunchy Carrot Stir-Fry Baked Sweet Potato Macaroni Cheese Beetroot & Yogurt Soup Plus many more Get ready to be inspired with your spiralizer.

From award-winning Australian chef and restaurateur Pete Evans, bestselling author of Healthy Every Day and Family Food with new book Eat Your Greens out soon. In Spiralise! Pete Evans shares his favourite recipes to make with spiralsed veggies and fruit. Spiralisers are so easy to use and are a brilliant way to increase your vegetable intake - simply replace traditional carb-heavy pasta and noodles with veggie noodles. Spiralise! has easy-to-follow instructions for creating ribbons, spaghetti and noodles out of a whole host of vegetables and fruit, such as zucchinis, parsnips, carrots, cucumbers, sweet potatoes, green papaya and apple. Then there's a range of enticing recipes for breakfasts, soups, vegetables and meat-based dishes. Try kung pao chicken with zoodles, prawn dumpling noodle soup, creamy pumpkin carbonara with parsnip noodles or pulled lamb burritos with chipotle mayo and carrot noodles. Like all of Pete's recipes, these ones are full of flavour and can be whipped up in no time. They are also free from dairy, legumes, grains and refined sugar, and packed with ingredients to make you feel happy and healthy - fresh vegetables and fruit, sustainable seafood, free-range meat, nuts, seeds and spices. It's time to swap your noodles for zoodles and create delicious veggie-packed meals that all of the family will love. Eating veggies has never been this much fun!

Refreshing spin on plant-based eating--spiralizers go vegan. The Vegan Spiralizer Cookbook is your how-to guide for vegan dishes with a twist--literally. It serves up 101 recipes that can be prepared with a spiralizer, making it easy and fun to eat more plant-based meals and create delicious, healthy options where fruits and veggies are the star, not just a sideshow. Whether you're completely vegan, trying to cut back on calories, or just want to sneak some more vegetables onto your loved ones' plates, this spiralizer cookbook can change the way you cook. No vegan or spiralizer experience required. The Vegan Spiralizer Cookbook offers: Beyond the zoodle--A huge variety of flavor-packed recipes for every meal, including pancakes, soups, and even fancy drinks! No spiralizer? No problem--This complete spiralizer cookbook gives the rundown on how to purchase, maintain, and safely use both hand crank and hourglass spiralizers. Charts and tips--Find handy references for what to spiralize, how to spiralize it, and how to cook it--plus lists of other kitchen tools to keep on hand. Discover how creative vegan cooking can be with The Vegan Spiralizer Cookbook.

60 Best Vegetable Spiralizer Recipes, From Breakfast Noodles To Pasta Main Dishes, Fries, Soups, Veggie Sides And Sweet Desserts Here is a collection of recipes to make the most of your spiralizer. Your spiral vegetable slicer will no longer stay idle on the counter with these tasty and irresistible dishes! Spiralized vegetables are not just about healthy eating, they also provide a lot of fun for the whole family. Get your kids involved as you create colorful meals from breakfast to lunch, dinner, side dishes and dessert. The types of dishes you can make with spiralized vegetables is almost endless. The 60 recipes in this book will enable you make flavorful, low-calorie and all-natural recipes with the use of your spiralizer. Vegetable-full meals hit the spot whether you want to slim down or just want to maintain a healthy weight. They are not only delicious and nutritious, they also fill you up and help you resist sweets and junk food. The best recipes require minimal effort to make. Sometimes, all you have to do is toss your spiralized sweet potato or zoodles with olive oil, sprinkle with your favorite spices and stick in the oven. A few minutes later, a delicious meal is ready for your family. Many recipes in this book hit the spot when you want dinner that is full of greens. Sweet potato, zucchini or carrots can combine well with crispy greens to satisfy your craving. The main dishes can be toned down a little and prepared in a flash for a quick and satisfying weekday lunch. The breakfast recipes provided in this book are proof that vegetables should not be limited to dinner. Vegetable noodles come together with other ingredients to create a variety of dishes for hearty breakfasts. With 60 delicious recipes, Family Spiralizer Cookbook is a great resource for creating enjoyable meals such as: Spiralizer Waffles Spiralized Apple With Chocolate Glaze Zucchini Noodles Pumpkin Pie Shrimp Lo Mein With Parsnip Noodle Beet Noodles With Kale And Sausage Eggplant Pasta Lasagna Yogurt Chicken With Zucchini Noodles Cucumber Noodles With Creamy Coconut Dressing Baked Sweet Potato Fries Zucchini And Mango Salad Creamy Spiralized Apple Tart Carrot Cake Bites And much more!

Spiralizer Cookbook Recipes If you love noodles and pasta but you're trying hard to limit the unhealthy carbohydrates you eat, there's a new food trend that can help. It's spiralizing. The concept is simple; you use a spiralizer to turn vegetables and fruits into long spiral ribbons or noodles. For example, you can bring spaghetti back into your life by using squash noodles instead of those made from flour. Learning how to use a spiralizer will improve your plans for cooking and eating, and your overall health will be much better off because of it. All of the vitamins,

minerals and nutrients from fresh vegetables and fruits will fill you up with the energy and antioxidants you need to get through the day and keep yourself healthy. Spiralizer Cookbook: Exciting Spiralizer Recipes to Eat Better and Healthier will make it easy for you to enjoy healthy, spiralized food. By reading this book you'll learn: \* How to choose and use a spiralizer \* The best vegetables and fruits to spiralize \* Pasta and salad recipes for spiralizers \* Spiralizer recipes for breakfast, main dishes, snacks and desserts There's nothing wrong with playing with your food as an adult. Twirling your fruits and veggies around your fork can make the meal a lot more enjoyable than just poking them with a fork or scooping them up with a spoon. Order Spiralizer Cookbook today! ---- TAGS: spiralizer cookbook, spiralizer recipe book, spiralizer recipes, spiralizer cookbook recipes, vegetable spiralizer cookbook, spiralized cookbook, spiralizer cookbook kindle

The debut cookbook by the creator of the wildly popular blog Damn Delicious proves that quick and easy doesn't have to mean boring. Blogger Chungah Rhee has attracted millions of devoted fans with recipes that are undeniable 'keepers'-each one so simple, so easy, and so flavor-packed, that you reach for them busy night after busy night. In Damn Delicious, she shares exclusive new recipes as well as her most beloved dishes, all designed to bring fun and excitement into everyday cooking. From five-ingredient Mini Deep Dish Pizzas to no-fuss Sheet Pan Steak & Veggies and 20-minute Spaghetti Carbonara, the recipes will help even the most inexperienced cooks spend less time in the kitchen and more time around the table. Packed with quickie breakfasts, 30-minute skillet sprints, and speedy takeout copycats, this cookbook is guaranteed to inspire readers to whip up fast, healthy, homemade meals that are truly 'damn delicious!' From how to assemble your spiralizer and understanding the unique blades, to making butternut squash mac and cheese or shrimp pad thai with daikon noodles--The Spiralizer Cookbook is the only guide you'll ever need for spiralizer cooking. This beautifully photographed, step-by-step handbook provides expert tips and techniques as well as easy recipes. With 20 delicious yet simple recipes for snacks, salads, main dishes, and desserts you'll soon be able to crank out meals everyone will love. With The Spiralizer Cookbook you can try your hand at garlicky beef and broccoli with broccoli noodles, Moroccan-spiced roasted chicken with carrot salad, fish tacos with jicama slaw, or spiced apple cake.

"Since Ali Maffucci first launched Inspiralized, home cooks have been able to turn their favorite high-carb, high-calorie dishes into clean meals that fit into any diet, from paleo to vegan to gluten-free to raw....Now, with this ultimate guide, she's making it easier than ever for you to spiralize every meal,"--Amazon.com.

This book contains important tips on spiralizing; an easy and creative method of turning fruits and vegetables into beautiful noodles, pasta, ribbons, and curls. The spiralizing technique will help you create more vegetable-focused meals in just a fraction of the time. Included in this book are the following: The basics of spiralizing fruits and vegetables The benefits of using a spiralizer Popular dishes that can be spiralized 60 delicious and healthy spiralizer recipes The spiralizer is an ideal kitchen appliance that can make different kinds of vegetable noodles or more commonly known as zoodles in just few short minutes. You can use this kitchen tool to create delectable dishes and snacks. There are 60 spiralizer recipes in this book that will teach you on how to make nutrient-dense dishes! No more countless hours of chopping, slicing, and/or dicing of vegetables just to get that even cut. With a kitchen spiralizer, all you have to do is mount your desired blade and fruit or veggie ingredient in a spiralizer, turn the handle clockwise, and wait for your zoodles to come out. These strands are then ready to be mixed into pasta dishes, salads, soups, and other meals you never knew you can make. This book also contains the basics about the spiralizing process such as a step-by-step process on using a spiralizer, the benefits of having one in the kitchen, and the different kinds of spiralizer-friendly recipes to prepare for your loved ones. So what are you waiting for? Grab your copy and start making your own delicious spiralizer meals!

Spiralizer Cookbook If you love noodles and pasta but you're trying to limit the unhealthy carbohydrates you eat, there's a new food trend that can help-spiralizing. The concept is simple: you use a spiralizer to turn vegetables and fruits into long spiral ribbons or noodles. For example, you can bring spaghetti back into your life by using squash noodles instead of noodles made from flour. Learning how to use a spiralizer will improve your diet and spice up your cooking, and your overall health will be much better off. All the vitamins, minerals, antioxidants, and nutrients from fresh vegetables and fruits will fill you up, keep you energized all day, and help you lead a much healthier life. This book will make it easy for you to make and enjoy spiralized food at home. By reading this book, you'll learn: - How to choose and use a spiralizer - The best vegetables and fruits to spiralize - Pasta and salad recipes for spiralizers - Spiralizer recipes for breakfast, main dishes, snacks, and desserts There's nothing wrong with playing with your food. Twirling veggies and fruits around your fork will make your meals more fun and enjoyable, and your body will thank you for all the healthy items you're eating. Order Spiralizer Cookbook now! ---- TAGS: spiralizer cookbook, spiralizer recipes, spiralizer recipes cookbook, spiralizer recipe book, spiralizer cookbook recipes, vegetable spiralizer cookbook, spiralized cookbook, spiralizer cookbook kindle

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!

Offers tasty, healthy recipes all using the spiralizer, a tool that turns fruit and vegetables into noodles, including Jicama Shoestring Fries, Sweet Potato Fried Rice and Zucchini Linguine with Garlic Clam Sauce. Original.

Top 365 Spiralizer Recipes for you to enjoy! Time to start using your spiralizer? Here's a fascinating assortment of spiralizer recipes for you and the family! It is time to put a twist into spiralized eating. It is a healthier way of adding spice to your meals and having fun with what you are doing. Jenny Martins provides an excellent collection of spiralizer recipes. Whether you own a Paderno, iPerfect, Veggetti, Premium V Slicer, Kitchen Active, or any other spiralizer, you will want this collection by your side. Stop spending time dicing, chopping, and slicing veggies. This is a spiralizer recipe book you will be able to put to the test in seconds and create lovely meals. Here Are Some Of The Recipes You'll See Inside: \* Parsnip and Blue Cheese Salad \* Brussels

sprouts and Sweet Potato Noodle Bowl \* Garlic-Paprika Zucchini Chopsuey \* Bean and Zucchini 'Macaroni' \* Eggplant and Zucchini Salad \* Pumpkin Sage Alfredo Carrot Pasta with Crispy Pancetta \* Turnip and Parsnip Pasta \* Garlic Mushrooms and Leek Turnip Noodles Try it now, click the "buy" button to purchase your copy!

When people think of protein, their mind goes to meat, and they can't fathom that a plant-based diet could provide an adequate amount of the nutrient. Wolff shows you how to make vegetarian meals loaded with protein, and often just as balanced and satisfying as their meat-filled counterparts.

This book will guide you through the endless possibilities with more than 75 quick, healthy and delicious recipes featuring spiralized fruit and vegetables. Recipes are marked with icons indicating gluten-free, dairy-free, vegetarian, vegan, low-carb, low-sodium and/or high-fiber, and all recipes include nutritional information. Also included is a two-page introduction with photos covering the basics of how to spiral fruits and vegetables.

Spiralizing is a fun, delicious way to eat healthier--and The Big 10 Paleo Spiralizer Cookbook is the only spiralizer cookbook to combine the variety you want with the ease you need. From zoodle pastas to robust salads and hearty soups, the spiralizer has opened up a whole new world for those who follow a paleo, gluten-free, or low-carb lifestyle. Yet between recipes that require hard-to-find ingredients and spiralizer cookbooks that are too complicated, knowing what to do with which vegetable can be challenging. On a personal mission to make it easy and fun to eat more vegetables is paleo aficionada Megan Flynn Peterson. Following the release of her blockbuster debut, The Big 15 Paleo Cookbook, Megan turned her attention to one of the most versatile appliances in paleo cuisine--the spiralizer. With The Big 10 Paleo Spiralizer Cookbook Megan shows you that variety and simplicity go hand in hand. By sticking to the 10 best vegetables for spiralizing and including multiple recipe variations, The Big 10 Paleo Spiralizer Cookbook is the only spiralizer cookbook to include more than 300 total recipe options. Inside this spiralizer cookbook you'll find: 100 recipes and 300 variations using the 10 most popular, readily available vegetables with your beloved spiralizing appliance Helpful photos and per-recipe nutritional information so you know exactly what your dish should look like and exactly what is in it Recipe variations for a variety of diets, including paleo, keto, vegan, raw, gluten-free, and dairy-free Discover how you can get the most out of your groceries, your spiralizer, and your paleo lifestyle with The Big 10 Spiralizer Cookbook.

This spiralizer cookbook includes various meat & fish spiralizer recipes. Fourth edition of the cookbook will inspire you to prepare interesting spiralized vegetable recipes with meat and fish. With this spiralizer recipe book you will: - Enjoy inspiralized fish & meat recipes - Learn how to prepare delicious inspiralized meals - Cook spiralized dishes for a whole family - Start healthy spiralized diet Please note! Two options of the Paperback Spiralizing Cookbook are available: Black and white version Full-color edition - Simply press See all formats and editions above the price. Press left from the "Paperback" button.

Spiralizer Recipe Book: Learn How To Make Tasty & Nutritious Spiralizer Recipes That Can Be Prepared In Minutes! Tags: spiralizer, vegetable spaghetti, vegetable pasta, spiralizer cookbook, spiralizer recipes, vegetable pasta, spiralizer recipe book, spiralizer cookbook recipes, spiralizer machine, spiralizer vegan

The must-have spiralizer cookbook for making ridiculously easy and delicious meals?perfect for any spiralizer. Whether you are trying to lose weight or just looking to add color to your plate, give a fresh twist to your veggies with everyone's favorite kitchen tool, the spiralizer. Kenzie Swanhart, food blogger behind Cave Girl in the City, shares a hundred of her favorite recipes in this spiralizer cookbook. Catering to any brand of spiralizer, this spiralizer cookbook proves that you can indulge in your favorite foods by swapping carbs for a variety of veggies. With recipes for all palates and preferences?Paleo, vegetarian, vegan, gluten-free, this spiralizer cookbook takes a creative spin on any plate. This spiralizer cookbook contains: Over 100 Recipes to satisfy cravings with guilt-free dishes and desserts Nutritional Information complete with dietary icons plus ingredient information for every recipe Spiralizer 101 with overviews of popular spiralizer brands and tailored recipes to suit the right one for you Recipes in this spiralizer cookbook include: Asian Broccoli Slaw, Butternut Squash Enchiladas, Chicken Zoodle Soup, Raw Rainbow Noodle Salad, Shrimp and Cucumber Noodle Bowl, Sweet Potato "Rice" Balls, Simple Steak Fajitas, Teriyaki Chicken and Broccoli Noodles, Vegetable Lo Mein, Zucchini Ribbon Crisp, Simple Pear and Almond Tart, and much more! "Wonderful companion for spiralizer users! Full of great suggestions and recipes for turning just ok meals into something delightfully special!"--Joan A. Finn, Amazon Verified Purchase

A spiralizer is the perfect way to get more vegetables into your diet!

Redefine healthy cooking by adding spiralized vegetables and fruits to your meals -breakfast, lunch, and dinner! They are Paleo, Low-Carb, Gluten-Free, Grain-Free And Dairy Free. While the ingredients in this book's recipes can be enjoyed by all, they have been chosen carefully for those who are on Paleo, Gluten Free and Dairy-Free Diets. With 75 delicious and healthy spiralized recipes, you will never run out of excitement in your kitchen. Each meal can be easily transformed into a beautiful and nutritious culinary delight. Add spiralized veggies to a meal and you have automatically created a nutritious dish. No longer do you have to make a side salad or put pressure on your kids to eat vegetables. Your family will eat nutritious food willingly and life will be easier for you. Put your spiralizer to work and have fun making healthy and exciting dishes. Basic step-by-step instructions are provided for using a spiralizer. So if you've just bought one, there is nothing to fear. Make pasta, noodles and spaghetti of all shapes, colors and sizes. No more spending endless hours, slicing or cutting vegetables. Just choose the desired blade type, mount your veggies and start cranking the handle. Here's A Quick Look At The Recipes In This Book: Tuna Zucchini Noodles With Smoked Paprika Zesty Garlic-Shrimp With Zoodles And Spinach Broccoli-Carrot Slaw With Sunflower Seeds And Dried Cranberries Eggplant Pasta Bolognese Butternut Squash Spaghetti With Pomegranate Orange Sauce Sweet Potato Noodle With Green Curry Sweet Potato Spaghetti With Kale Sauce Carrot Spaghetti With Creamy Garlic Sauce Zesty Carrot Noodles with Ginger Almond Sauce Yellow Squash Pad Thai And much more!

Are you looking for some new recipes? Not just recipes, but great recipes! Not just great recipes, but great Spiralizer Recipes? Are you having a hard time finding any? This recipe book contains 45 great tasting spiralizer recipes. Cooks all over the world battle with getting their families and guests to eat vegetables. They try all different tricks in the book but they just never seem to get it right. Sometimes they end up having to resort to threats, but threats can spoil a great dinner ambiance. With a spiralizer, the need for

threats and tricks is no more. The spiralizer is certainly a great way to introduce vegetables. This recipe book has 45 of some of the most creative ways to include lots of vegetables in your dishes. The noodles in each of the recipes is a great way of substituting wheat. The recipes are not only healthy, but they are also quick and easy to make. They are also satisfying. In this book, you will find recipes for those who eat meat every day and those who eat none of it. Some of the greatest recipes in the book include salads that are to die for. In creating this book, the main consideration was to create recipes that are creative and offer variety. The book debunks the notion that spiralizer recipes are boring. Most of the ingredients used can be substituted depending on the preferences of the cook and their ability to find them where they live. So what are you waiting for? Bring a revolution in your life and take the first step to a healthy lifestyle with us. Let's take this amazing journey together! Tags: Spiralizer Cookbook, spiralizer it, spiralizer recipes, spiralizer recipes cookbook, spiralizer recipe book, spiralizer cookbook kindle, spiralizer cutter

Spiralizing isn't just about noodles anymore, so blogger Ali Maffucci satisfies paleo, vegan, vegetarian, and gluten-free diets with 125 healthy recipes for vegetarians and meat-eaters alike. "Ali continues her genius spiralizing but adds in a number of other ways to approach vegetables, to make it easy to get your five (or more!) a day." —MindBodyGreen For the first time, Ali Maffucci, founder of the healthy culinary brand Inspiralized, is going beyond expectations—and beyond spiralizing. In this book she shows you a myriad of additional ways to add nutrients to your diet, reach a personal health goal, or just make good-for-you meals at home. Sweet potato slabs replace toast, cauliflower becomes pizza crust, broccoli turns into tots, avocado gets moussed, jackfruit mimics pulled meat—and that's just the beginning. Among the brand-new recipes, complete with nutritional information, you'll find Rainbow Lasagna, Apple French Toast, and Cauliflower Steaks with Chimichurri. Rest assured, Ali still offers up some favorite spiralized dishes, too. Get ready to get your veggies on.

The spiralizer is the newest tool in healthy eating - creating tasty low-carb, low-calorie noodles, ribbons and 'rice' from everyday fruits and vegetables, all with the feel-full factor of real pasta. This book features 75 recipes which show you how to get the most out of your spiralized dishes.

Spiralizer recipes are a great way to get more vegetables into your diet (no matter your dietary preference). Choose from a variety of vibrant, nutrient-dense vegetables for easy and healthy recipes the whole family will love. This is the perfect cookbook for beginning to use the harvest of your home garden if you have one. The bounty can be used in so many ways with the innovative spiralizer. You'll find recipes in this cookbook including not just pasta-shaped spirals, but also main dishes, salads, soups, and even desserts and breakfast dishes! Your kids will enjoy your spiralized dishes since the curlicues are fun to eat.

A concise guide to the popular cooking tool that offers fun new options for fruits and veggies—with over twenty creative recipes included. The Spiralizer Cookbook 2.0 offers a fresh approach to the innovative tool that slices vegetables and fruits into noodles, shoestrings, thin shreds, and waferlike slices in seconds. This compact, photo-filled guide to spiralizing includes everything you need to know, from how to assemble your Spiralizer to understanding its unique blades, and over 20 inspiring recipes for inspiring snacks, main dishes, desserts, and more. Find easy-to-follow recipes for Apple Pancakes; Baked Eggs with Zucchini; Shrimp Spring Rolls with Peanut Sauce; Apple-Cabbage Salad with Bacon & Candied Walnuts; Chicken Pho with Daikon Radish Noodles; Fresh Parsnip Pasta Primavera; Apple Galette; Curly Fries; Cucumber Gimlet, and much more, all utilizing the Spiralizer. With The Spiralizer Cookbook 2.0 you can create delicious, low carb meals, full of fresh vegetables and fruits!

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