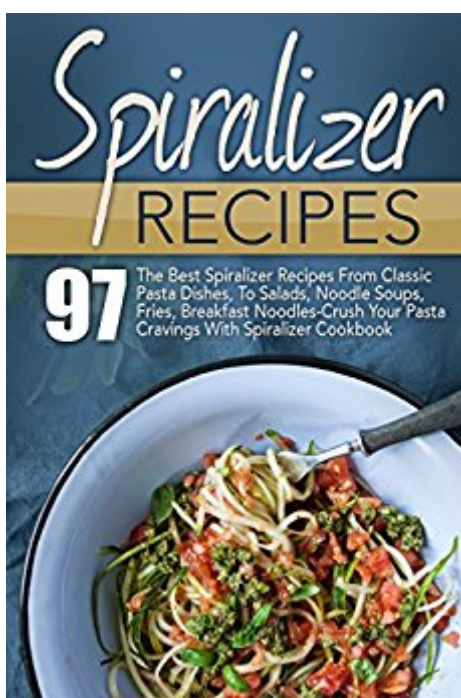


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# Spiralizer Recipes: 97 The Best Spiralizer Recipes From Classic Pasta Dishes, To Salads, Noodle Soups, Fries, Breakfast Noodles-Crush Your Pasta Cravings ... Book, Spiralizer, Spiralizer Cookbook)



## Synopsis

97 The Best Spiralizer Recipes From Classic Pasta Dishes, To Salads, Noodle Soups, Fries, Breakfast Noodles So who would benefit the most from this cookbook? Definitely those who want to lose weight, wish to start a healthier lifestyle, manage a health issue such as diabetes, heart disease, or allergies, and those who simply want to eat more vegetables everyday One great benefit of having a spiralizer is that you can add more vegetables into your dishes quite easily. Those who want to lose weight or improve their health can prepare vegetable dishes effortlessly at home. People who are sensitive to gluten will also greatly benefit from the spiralizer since they will be able to enjoy more types of dishes by following traditional recipes but with the spiralized substitutes The spiralizer is a chef's dream and well kept secret, because it helps him or her create a wide variety of healthy meals with vegetable and fruit pasta and ribbons. With this cookbook, you can also prepare nutritious and incredibly healthy dishes, such as pasta dishes, soups, noodles, snacks, and even dessert! In this book, you will find a guide on how to use your spiralizer effectively and choose the right ingredients to spiralize. You will also find some tips on how to choose the right spiralizer for your kitchen, if you do not have one yet. Best of all, you can choose recipes from five chapters for your vegetable and fruit pastas, salads, soups, snacks and side dishes, and even sweets! The recipes in this ebook require ingredients that are affordable and easy to find. Most of the recipes are gluten free and rely on healthy herbs and spices as flavoring. This makes it a cookbook that is good for your health! Here Is A Preview Of What You'll Learn... Lemon and Ricotta Veggie Pasta Squash Pasta with Bacon and Tomato Balsamic Berry and Beet Salad Rosemary, Raisin, Apple and Fennel Salad Black Bean and Squash Noodle Soup Spicy Tomato Chicken Noodle Soup Sauteed Summer Squash Spaghetti Shrimp Ceviche with Cucumber and Jicama Parsnip Chips with Special Herb Dip Fried Apple Cinnamon Ribbons Carrot and Coconut Pudding Much, much more! Download your copy today! Try it now, click the "buy" button and buy Risk-Free

## Book Information

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## Customer Reviews

My wife is the one who originally introduced me to the world of Spiralizer Recipes. I got this book to try to impress her (I don't usually cook very well). A man like me really needs to rely on recipes haha. This was a good book. I've bought a few recipe books here on kindle. Most books only have a few recipes that look good to me, but I can honestly say that I didn't find a recipe in this book that I don't want to try. Our favorites so far have been the Mediterranean Salad and the Thai Papaya Salad. If you're looking for a good desert, give the peach ice cream recipe a try. It was delicious! The only thing I think could improve about this book is to have even more recipes haha. I hope Joelyn comes out with more!

I am a fan of pasta but too much consumption of it is not healthy especially if one is trying to lose some weight or following a paleo diet. When I saw this book, I knew I had to get it for it provides other options especially if I still want to get my pasta fix. Fortunately, it offered more than pasta dishes. I didn't even think I can use a spiralized ingredients for desserts! Recipes are so easy to follow and ingredients are ready available. This makes cooking enjoyable. Aside from my diet, this is also good guide if you want to feed kids with interesting or uncommon shaped vegetables and fruits. With their penchant to spaghetti, one won't regret making dishes following the book.

Spiralizer recipes are always fine. This book has 97 the Best Spiralizer recipes from classic pasta dishes, two salads, noodle soups, fries, breakfast Noodles. All chapters contain a lot of Spiralizer recipes. I tried some recipes like Turkey and potato pasta, Jicama and cilantro salad, Chicken and noodle salad, Spicy tomato chicken noodle soup, Shrimp ceviche with cucumber and jicama, Pear and sweet potato pudding, Summer squash coconut carbonara, Festive chicken salad with garlic

aioli. All are amazing. I can't wait to try more recipes from this book. Highly recommended this book for these awesome recipes.

As a homemaker I always need new recipes every day for my family to have a great meal everyday. I have been looking and searching for a recipe book which has varieties of pasta which is also healthy. And then, I found this one! I can't wait to try all of these easy and healthy recipes for me and my family!

This book contains a great idea which makes dishes so inviting. Have the nice gadget to spiralize vegetables and even fruits then this adds accent to the meal making the presentation irresistible. This keeps the kids wanting for more since it will look the same as pasta so they can hardly notice the veggies in it. With this book's overwhelming variety of recipes, you'll never run out of great ideas for a yummy and healthy meal!

The spiralizer is a chef's dream and well-kept secret, because it helps him or her create a wide variety of healthy meals with vegetable and fruit pasta and ribbons. The recipes mentioned in this book are simple and easy to prepare. There are 97 best spiralizer recipes that I will surely enjoy.

Wow, imagine this--97 of the best of the best Spiralizer recipes that will make eating vegetables fun for kids and not-so-kids alike. This is what attracted me most to this book--the rare chance that I can make my kids eat and enjoy veggies and pastas too. I feel so overwhelmed with the 97 recipes, I will not run out of ideas here. This book is an amazing grab.

My family love pasta so much especially the kids. I love personally myself also the recipes in this book. Quick and easy to follow. Me and my mother-in-law tried the Stir fried pork with cabbage noodles. I am so excited to try other recipes soon. Thanks Joelyn Mckeown!

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