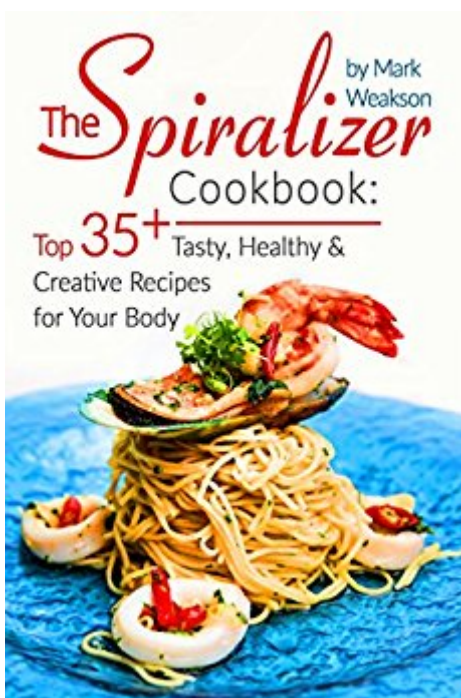


The book was found

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 are high in water (such as cucumbers and zucchini) and help detoxify your body, ridding it of unwanted toxins and chemicals and helping your body absorb nutrients. Vegetables are also an abundance of dietary fiber, which helps keep you fuller longer and aids in your everyday digestion. Carrots in vegetables are high in antioxidants that boost metabolism, such as zucchinis, which are high in fiber.

Spiralizing makes more out of your vegetables and fruits. When you simply dice, you barely get a portion of that food. With spiralizing, you get small vegetable and fruit spirals that are full of nutrients and fiber. This is a great way to enjoy your vegetables and fruits, so you get a lesser amount of what you're eating, while still feeling like you're getting a big portion. This is a great way, you can spiralize your vegetables and fruits. For example, one medium red bell pepper is enough for two servings. You can enjoy in noodle form. To make it more interesting the book offers different combinations of vegetables with meat, seafood and poultry. You will also find plentiful recipes of soups and salads. Don't wait any more! Download 35 The Spiralizer Cookbook TODAY, and start enjoying cooking again!

Book Information

File Size: 5203 KB

Print Length: 120 pages

Publication Date: April 3, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B06Y1TJC89

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #143,169 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #26

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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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