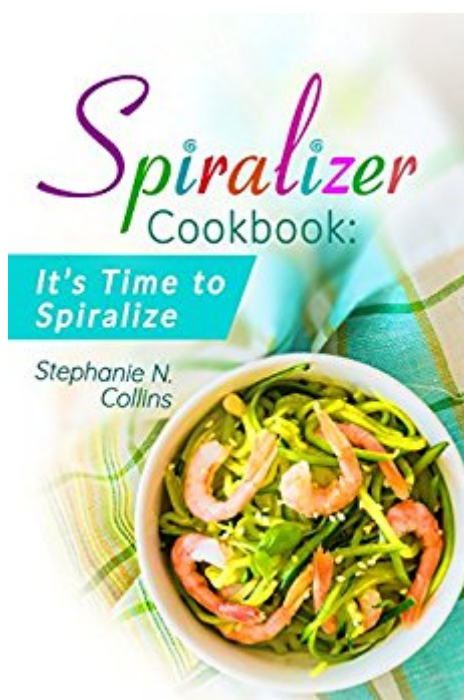


The book was found

Spiralizer Cookbook: It's Time to Spiralize: Includes Low Carb Vegetable Noodle Recipes For Weight Loss And Healthy Eating



Synopsis

Who said noodles can't be healthy? Substituting spiralized veggies for pasta is a great way to lower the number of carbs and calories in your favorite pasta dishes. Spiralized vegetables are mostly light in calories, carbs, fat and sugar. With *It's Time to Spiralize!* you can turn almost any fruit or veggie into delicious, nutritious meals that you and your family will love! Try these mouthwatering recipes in your own kitchen today! They're healthy and delicious, and sure to please any appetite.

Book Information

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Customer Reviews

The recipes are easy and taste good. Every recipe that I've tried is a winner! My current favorite is a Sweet Potato Coconut Curry. I made some changes because the cilantro in the store looked horrible and was ridiculously expensive so I used mint. I'll certainly try it again with cilantro.

I have tried only a few recipes so far but they are really tasty. The Zucchini Noodle Caprese with Chicken has become my favorite. Calorie counts are included with each recipe which is great. This

book is staying on my Kindle.

This is a great recipe book with lots of varied flavorful ways to use the spiralizer veggies. I got my copy today and got tips to use my spralizer in a new way. This book surpassed the first one in recipe ingenuity

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