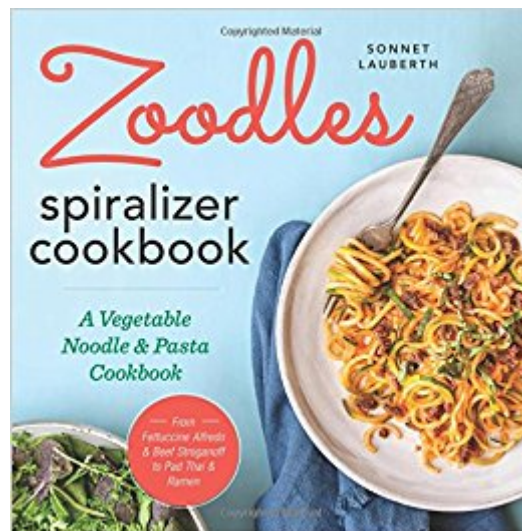




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# Zoodles Spiralizer Cookbook: A Vegetable Noodle And Pasta Cookbook



## Synopsis

"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, dairy, 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!" — Customer

## Book Information

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Average Customer Review: 4.2 out of 5 stars 76 customer reviews

Best Sellers Rank: #14,392 in Books (See Top 100 in Books) #7 in *Books > Cookbooks, Food & Wine > Cooking by Ingredient > Pasta & Noodles* #8 in *Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Salads* #35 in *Books > Cookbooks, Food & Wine > Cooking by Ingredient > Vegetables*

## Customer Reviews

What if there was a way to eat more healthfully and reduce caloric intake while satisfying cravings with delicious vegetable-forward recipes? Zoodles Spiralizer Cookbook does all of this and goes one step further by bringing fun into the equation. Watching colorful curls of sweet potato and carrot twist from my spiralizer destined for use in one of Sonnet's creative recipes was a reward in and of itself.

•Becky Selengut, author of Good Fish and Shroom I love Sonnet's approach to healthful eating, especially her requirement that nutritious recipes should also taste amazing. Zoodles Spiralizer Cookbook includes a fun mix of modern ingredient combinations and techniques as well as classic recipes with a spiralized twist. This book is great for anyone who owns a spiralizer and is looking to play around in the kitchen with some fresh new recipes.

•Lindsay Ostrom, food blogger at pinchofyum.com In her new cookbook, Sonnet Lauberth makes it clear that you don't have to choose between eating healthy and satisfying your cravings. Sonnet has given me a way to enjoy all the flavor of pasta without the processed white flour. I recommend this book to pasta lovers everywhere!

•Caroline Kitchener, contributing writer to The Atlantic As a health professional, one of the easiest ways to assess a food's nutritional value is to look at the colors and variety on the plate. Sonnet's recipes abound with the colors and nutrients essential to feeling at your best, with energy and vibrant health.

•Stephanie Johnson, adult and geriatric nurse practitioner

SONNET LAUBERTH, MA, is a Certified Holistic Health Coach, food blogger, freelance recipe developer, writer, and cookbook author. She bought her first spiralizer in 2008 and has been writing her blog, In Sonnet's Kitchen, since 2010. Sonnet is passionate about simple, healthy cooking, supporting local farmers, and eating with the seasons.

As someone who craves savory and hearty dishes, there are some real winners in this cookbook. Try the Beef Stroganoff, Weekend Pad Thai, Tuna Casserole, Mongolian Beef over Cabbage, and Spicy Goulash (among many others). I made these, and I felt full AND healthy! It's so good. I'll be sure to make these often throughout the year, and I can't wait to try more. I'm very happy to have finally found a way to eat more veggies without feeling hangry after eating another measly salad or veggie medley. These recipes hit the spot.

Good recipes to find different ways to enjoy vegetables.

Everyone needs more zoodles.

Was hoping for more variety

Great book with good recipes that are easy to prepare.

The recipes are okay but there is not one single picture of any of the recipes. Bummer. A decent cook book has at least some of the dishes photographed.

I have a spiral slicer, but I never used the noodles I created in anything other than a pad thai dish I make, and spaghetti. I thought there has to be more options out there, right? So I found this book and had an aha moment. The book is spread out in 6 chapters; Intro, Classic Pastas, Creative Pastas, Around the world in Noodles, Light & Lovely salads, and Hearty soups. Before reading this book, I didn't ever think to use the noodled vegetables in salads or soups! Great idea. Each recipe lists servings, prep time, cook time, equipment needed, if its Vegan or Vegetarian and variations to the recipes. The cons of this book for me are no pictures (I totally eat with my eyes!), and no nutritional info for any of the recipes. Other than that, it's a great little book.

Want to eat more veges? Here you go with great, tasty recipes!

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Welcome to Spiralizer World: Unlock EVERY Secret of Cooking Through 500 AMAZING Spiralizer Recipes (Spiralizer Cookbook, Vegetable Pasta Recipes, Noodle Recipes,... ) (Unlock Cooking, Cookbook [#4]) Zoodles Spiralizer Cookbook: A Vegetable Noodle and Pasta Cookbook Spiralizer: 365 Days of Spiralizer Recipes (Spiralizer Cookbook, Spiralize, Skinny Diet, Cooking, Vegan, Salads, Pasta, Noodle, Instant Pot, Low Carb, ... Clean Eating, Weight Loss, Healthy Eating) Low Carb Pasta Noodle: 10 Low Carb Faux Pasta Noodle Recipes: Satisfy Your Pasta Cravings My Mueller Spiral-Ultra Vegetable Spiralizer Cookbook: 101 Recipes to Turn Zucchini into Pasta, Cauliflower into Rice, Potatoes into Lasagna, Beets into ... Slicer! (Vegetable Spiralizer Cookbooks) My Mueller Spiral-Ultra Vegetable Spiralizer Cookbook: 101 Recipes to Turn Zucchini into Pasta, Cauliflower into Rice, Potatoes into Lasagna, Beets ... (Vegetable Spiralizer Cookbooks) (Volume 4) Zoodles Spiralizer Cookbook: 50 Non-Carb Meals For Carb Lovers-Substitute Traditional Pasta Noodles With Fruits And Veggies My Veggetti Spiral Vegetable Cookbook: Spiralizer Cutter Recipes to Inspire Your Low Carb, Paleo, Gluten-free and Healthy Eating Lifestyle – For All Vegetable Spaghetti Pasta Makers and Slicers Spiralizer Cookbook: 60 Best Delicious & Healthy Spiralizer

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