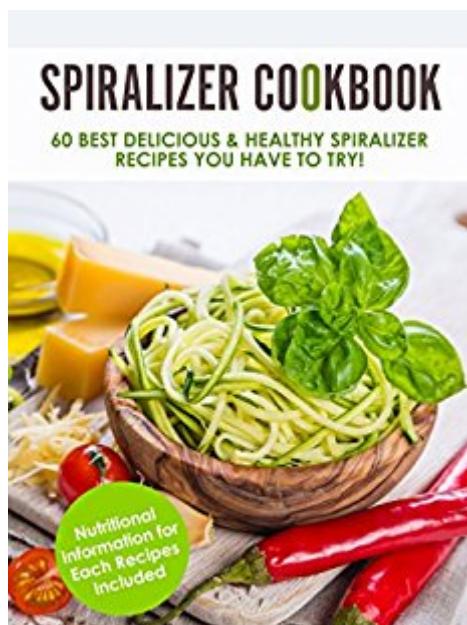


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Spiralizer Cookbook: 60 Best Delicious & Healthy Spiralizer Recipes You Have To Try! (Spiralizer Cookbook Series 1)



MARK EVANS



Synopsis

Spiralizer Cookbook Series book #1 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 a 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!

Book Information

File Size: 2965 KB

Print Length: 153 pages

Page Numbers Source ISBN: 1548172243

Simultaneous Device Usage: Unlimited

Publication Date: June 16, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B071H2XVFR

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #448,703 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #5
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Customer Reviews

This book gave 60 tasty and sound spiralizer that would truly make the most out of your spiralizer. Through this book you will have more thoughts of reproducing more beneficial variants of your most loved suppers utilizing the spializer. In this way, we should begin with this astounding cookbook and taste delightful and more advantageous recipes. As formula books go, this one is a decent decision for those hoping to supplant wheat with more veggies. All you require is a spiralizer and the will to have great wellbeing. The creator discloses to you how to utilize the devices, the best vegetables and the most exceedingly bad, and the different cutting decisions. You get a little summary on specific vegetables and leafy foods wholesome incentive before you begin the readiness procedure. It's very far reaching and helpful. This is a decent cookbook with a ton of eating routine recipes. This Spiralizer Cookbook has a lot of awesome simple and mouth watering formulas for any sort of eaters. THe book and bearings are incredible. I intend to utilize my spiralizer all late spring.

The recipes of this book not only healthy but are also easy to follow. This book provided 60 delicious and healthy spiralizer that would really make the most out of your spiralizer. Through this book you will have more ideas of recreating healthier versions of your favorite meals using the spializer. So, let's get started with this amazing cookbook and taste delicious and healthier recipes.

I honestly had no idea that there were so many possibilities for spiralizing veggies! This book is beautifully written, well instructed, and super easy to follow. The recipes are all so different. This book does not disappoint and is literally filled with delicious and healthy recipes that I can't wait to try! Only thing I would have liked is if the fiber content had been included in the nutritional information for each recipe but all in all great first cookbook!

Love love love this cook book. Everything in wholefoods is organic and super-health-oriented. And the variety of wholefoods is incredible. 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 borrowed this cookbook as part of my Kindle Unlimited subscription. I'm glad I didn't buy it outright. The recipes seem decent, but there is not one picture in this entire cookbook. I love cookbooks for the pretty glossy pictures that make you want to run out to the store and try a new recipe. This didn't do it for me. I returned it within 5 minutes.

Awesome recipes! This is a great book. We need to get more vegetables in our bodies and salad can become boring. Behold, now we can eat the most delicious of vegetation in creative and yummy way. Spiraling is easy, delicious and this book makes it all worth while. This is really worth recommending!

It is an excellent cookbook. I am following this book ideas. I just loved it. The author has done a great job. It has 60 best recipe which is extremely tasty and good for health.

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