

The Spiralizer Cookbook

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Spiralizer Cookbook

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Put a new twist on your low-carb lifestyle with this step-by-step guide to the Spiralizer-with twenty recipes included! This beautifully photographed, step-by-step handbook provides expert tips and techniques for using the innovative Spiralizer-the quick way to incorporate more fruits and veggies into your diet. In this book, you will discover: - Introduction - What is Spiralizer? - Benefits of Using a Spiralizer - Spiralizing Makes It Easy to Sneak Vegetables into Your Kids' Favorite Dishes - Spiralizing is Quick and Easy - Spiralizing is Family and Kid-Friendly - You Get More Out of Your Fruits and Vegetables - Spiralizing Helps You Lose Weight in a Fun and Healthy Way - Spiralizing Makes It Easy to Adopt Vegan Vegetarian Paleo and Gluten-Free Diets - Spiralizing Advocates Reduction of Carbon Footprints - Spiralizing Promotes Creativity - And so much more! Get your copy today!

Spiralizer Cookbook Independently Published

Finally available in paperback, this is Amazon #1 Best Seller J.S. Amie's third book featuring Spiralizer recipes for those of us who want to live healthier and skinnier! THE COMPLETE VEGETABLE SPIRALIZER COOKBOOK explores new flavors with delicious spiralizer recipes inspired by the world's most popular pasta and noodle dishes...but prepared without wheat or gluten! In this book, you will learn: - how to use the Paderno, Veggetti, and Julienne Slicers to make Spiralized meals - how to pick the best vegetables and fruits for spiralizing - how to choose the right spiralizer tools - how to spiralize like a pro! OUR MOST POPULAR AND DELICIOUS RECIPES in the book, PLUS OVER 200 MORE FREE SPIRALIZER RECIPES in digital format. The recipes are presented in a beautiful, easy-to-read design so you can lay the book flat on your countertop and easily prepare your meal. All recipes include full nutritional values so you can plan according to your dietary needs. Many recipes have full color professional photography available, either in the book or in the included digital content. Recipes include: - Soups -Salads -Sides -Entrees -Desserts BONUSSES - Gluten Free, Paleo, and Weight Loss Pantries - Vegetable Chart - Tool Chart

The New Weight Loss Vegetable Spiralizer Cookbook (Ed 2) Pepik Books

With noodles made from vegetables and even fruit, these creative and super-tasty recipes are sure to break your spaghetti rut. They are easy to make, pretty, and lots of fun to eat! Because, who doesn't love spiralized veggies? Inside this spiralizer cookbook, you'll find: Spiralizer 101 with overviews of popular spiralizer brands 170 Spiralized Recipes to satisfy your pasta cravings without feeling guilty, from fresh summer salads and crazy delicious dinners to colorful and cozy soups Easy-to-Find Ingredients using pantry and grocery store staples Easy-to-Follow Step-by-Step Instructions Each recipe also contains: Preparation and cooking times Number of servings Nutritional information broken down into calories, proteins, sugars, fiber, carbs, fats Eat. Your. Veggies. Especially super-yummy, delicious, wholesome ones like these. Life is too short for boring food. Spiralize. Cook. Taste. Enjoy! Buy the Paperback version of this book, and get the

kindle eBook version included for FREE

The Spiralizer! Cookbook Createspace Independent Publishing Platform 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 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!

Inspiralize Everything Createspace Independent Publishing Platform SPIRALIZERS 101 - The Definitive Guide To Spiralizing Want to know how to use your new vegetable Spiralizer to make appetizing, low calorie and low carb meals for your family? Then the "Spiralizer 101" series of books is for you! With illustrated instructions, this book will answer all of your questions about spiralizers, such as:* How can I

make zucchini pasta, potato lasagna, cauliflower rice, and other pasta and rice replacements from fresh vegetables?*

How to use the popular brands of spiralizers (such as the Paderno, Veggetti, iPerfect, Mueller, Briefons and others)?*

What are the different shapes and sizes of spiral cuts I can make?*

How to spiral cut vegetables without a spiralizer?*

How to choose the right vegetables for spiralizing?*

What kind of meals can I make with spiralized veggies?*

In addition, the book contains 101 time-tested recipes designed to satisfy your hunger for the foods you enjoyed before gluten became a problem. Who is this book for? You want to learn how to make zoodles? You want to lose weight? Compatible with Against the Grain, Wheat Belly, Inspiralized, or other popular books? You have a Paderno spiralizer, Veggetti Spiralizer, Mueller Spiralizer, or any other brand of vegetable spiralizer or spiral slicer? You love pasta dishes, but want to eat healthy? You desire low carb pasta or veggie pasta, such as vegetable spaghetti, spiral pasta, low carb noodles, etc.

Paperback version recommended for better use in the kitchen. Click the BUY button today! NO RISK GUARANTEE!

Here's a preview of the 101 delicious Weight Loss recipes inside:

SOUPS: Asian Pasta with Broth, Black Bean & Noodle Soup, Curried Leek & Lentil Soup, Green Chile, Chicken, Squash Soup, Mexican Chicken Noodle Soup, Mexican Tomato Soup with Squash Noodles, Miso Noodle Soup, Pumpkin Noodle Soup, Rosemary Root Vegetable Soup, Shoyu Cabbage Soup, Sizzling "Rice" Soup, Slow - Cooker Minestrone, Thai Chicken Noodle Soup, Tunisian Noodle Soup.

SIDES: Baked Potato-Veggie Latkes, Baked Zucchini and Potato Pancakes, Curried Vegetable Couscous, French Peasant Beets Spirals, Lemon Chard Pasta, Mediterranean Squash Stir-fry, Mexican Slaw, Perfumed Noodles with Fruit & Nuts, Roasted Vegetable Snacks, Sesame Noodles, Southwestern Spiced Sweet Potato and Beet Spirals with Chili-Cilantro Sour Cream, Spicy Slaw, Squash Sauté, Vegetables with Rosemary Vinaigrette.

MAIN DISHES: Baked Chicken Parmesan with Noodles, Baked Eggs with Spiraled Jicama, Beef Paprikash with Squash Noodles, Beef Pho, Cabbage and Apple

Sauté Cabbage "Spaghetti" with Turkey Sauce, Chicken Curry with Cauliflower "Rice", Curried Chicken with Pasta, Drunken Clams with Sausage, "Drunken Noodles" with Chicken, Ethiopian-Inspired Spicy Chicken Stew, Florentine Potato Pasta Casserole, Funky Low Fat Chicken With Sesame Noodles, Greek Lamb Pasta, Greek Lamb with Riced Cauliflower, Half Hour Fajitas, Light Chicken Veggie Alfredo, Pasta & Turkey/Chia Seed Meatballs, Pasta Cajun Style, Pasta e Fagioli, Pasta Puttanesca, Pasta with Anchovy Sauce, Pasta with Charred Tomato Sauce, Pasta with Clams, Pesto Zucchini Pasta with Sausage, Pizza Pasta, Porcini and Rosemary Crusted Beef Tenderloin with Port Wine Sauce and Potato Linguini, Quick and Easy Pasta Arrabiata, Quick and Easy Pasta with Lemon & Ricotta, Red Wine-Braised Short Ribs with Roasted Turnips, Rosemary Pork Ragout with Sweet Potato Pasta, Secret Ingredient Beef Stew, Slow Cooker Zucchini Pasta With Eggplant Sauce, Smoked Salmon Pasta with Lemon & Dill, Spicy Shrimp with Vegetable Noodles and Baby Spinach, Squash and Zucchini Pasta with Prosciutto, Snap Peas, and Mint, Squash Noodles with Tomatoes and Turkey Bacon, Sweet Potato Pasta with Asparagus and Turkey Bacon, Tomato-Bacon Squash Pasta, Turkey Pho, Turkey Pie with Spaghetti Crust, Turkey Ragu and Potato Pasta Bake, Vegetable Mock-Fried "Rice", Veggie Pasta with Turkey Bacon and Swiss Chard, Zucchini Pasta Ala Checca.

Click the BUY button today! NO RISK GUARANTEE!

Spiralizer Cookbook

Weldon Own+ORM

Buy the Paperback version and get the Kindle version for FREE! Try spiralizing your everyday meals! A simple and fast way to make your dishes bright, tasty, and delicious! Spiralizing is a new food preparation method that is getting more popular today because of the many benefits it provides. Plus, it's really family and kid-friendly! We all know how children love color and shapes. The creativity involved in producing these kid-friendly meals is a surefire way to encourage kids to eat nutritional meals. Children even enjoy helping their mom spiralize vegetables to create magical noodles and zoodles out of them. Easy to make in big

batches and family-friendly, you get more time to do everything else your busy schedule demands because you'll spend less time in the kitchen. Whether you are trying to lose weight or just looking to add color to your plate, this spiralizer cookbook puts a creative "spin" on any plate. Inside this spiralizer cookbook, you'll find 50 recipes using the most popular vegetables with your beloved spiralizing appliance; Each recipe contains: Easy-to-follow step-by-step instructions, Preparation and cooking times, Number of servings, Per-recipe nutritional information broken down into calories, carbohydrates, fat, protein, fiber, sodium and sugar. This book includes recipes for a variety of diets, including paleo, keto, vegan, raw, gluten-free, and dairy-free.

Spiralizer Cookbook Rockridge Press

Spiralizing is a fun, delicious way to eat healthier--and The Big 10 Paleo Spiralizer Cookbook is the only spiralizer cookbook to combine the variety you want with the ease you need. From zoodle pastas to robust salads and hearty soups, the spiralizer has opened up a whole new world for those who follow a paleo, gluten-free, or low-carb lifestyle. Yet between recipes that require hard-to-find ingredients and spiralizer cookbooks that are too complicated, knowing what to do with which vegetable can be challenging. On a personal mission to make it easy and fun to eat more vegetables is paleo aficionada Megan Flynn Peterson. Following the release of her blockbuster debut, The Big 15 Paleo Cookbook, Megan turned her attention to one of the most versatile appliances in paleo cuisine--the spiralizer. With The Big 10 Paleo Spiralizer Cookbook Megan shows you that variety and simplicity go hand in hand. By sticking to the 10 best vegetables for spiralizing and including multiple recipe variations, The Big 10 Paleo Spiralizer Cookbook is the only spiralizer cookbook to include more than 300 total recipe options. Inside this spiralizer cookbook you'll find: 100 recipes and 300 variations using the 10 most popular, readily available vegetables with your beloved spiralizing appliance. Helpful photos and per-recipe nutritional information so you know exactly what your dish should look like and exactly what is in it. Recipe variations for a variety of diets, including paleo, keto, vegan, raw,

gluten-free, and dairy-free Discover how you can get the most out of your groceries, your spiralizer, and your paleo lifestyle with *The Big 10 Spiralizer Cookbook*.

The Spiralizer Cookbook CreateSpace The Spiralizer Cookbook - Over 30 Spiralizer Recipes For The Spiralizer - Healthy, Delicious Spiral Cutter Recipes For The Paderno Spiralizer At last a cookbook loaded with over 30 spiralizer recipes that you can make with your Paderno Spiralizer or regular vegetable spiral slicer. My name is Katey Goodrich and I wrote the spiralizer cookbook because like you I purchased the best kitchen tool ever, the Paderno Spiralizer but couldn't find a cookbook with recipes for it. Having already published 55 Superfoods on Kindle I decided to stop complaining and write one that I could share with you and others, and here it is. This is only the first in a series that will cover many diets and cooking topics that the spiralizer is perfect for. And yes! It has plenty of zucchini noodle recipes as well. I have included helpful tips and advice on cleaning, maintaining and using the spiralizer as well as over 30 starter recipes to get you going. The recipes are good for hand held spiral cutters as well. Included are spiralizing tips and advice for many fruits and vegetables including, Apples, Beets, Butternut squash, Cabbage, Carrots, Celeriac, Cucumbers, Daikon, Eggplants, Jicama, Kohlrabi, Onions, Parsnips, Pears, Plantain, Potatoes, Squash (yellow, summer, Mexican), Radishes, Sweet potato, Turnips, Yams and Zucchini. I have also included advice on how to prepare the vegetables for spiralizing and cooking, and which blade to use for each dish. You will never be lacking for choice again where it comes to finding a tasty, nourishing vegetable spiralizer based meal again, or spend hours trolling through the internet searching for a recipe to suit your tastes. The Spiralizer Cookbook has over 30 delicious, healthy and easy to prepare spiralizer recipes to start you off with. There are breakfast, lunch and dinner recipes that you and your family will enjoy every week. In no time at all you'll be a spiral slicer wiz and with my spiralizer cooking and preparation tips and advice you'll soon be creating your own versions of popular spiral cutter recipes. The Spiralizer Recipe Book is perfect if you watching your weight or intending to lose some weight, most of the recipes are diet conscious and because of this fantastic little kitchen tools unique abilities traditional recipes have had their fat content and calories reduced dramatically, but are still delicious and satisfying. The

spiraliser cookbook has recipes that are suitable for people on special diets such as, Vegetarian, Paleo, Wheat free, Low-carb, Vegan, Weight loss, gluten free, low gi, raw food, diabetes and heart healthy. But that doesn't mean you get to eat just a carrot or starve yourself, every recipe was carefully chosen as a perennial family favorite and adapted for the spiralizer, making them healthier, more nutritious, but still loaded with taste and many would say even better tasting than the original. Are you inspired? Or should I say Inspiralized! Then let's get Spiralizing.

[The Big 10 Paleo Spiralizer Cookbook](#)
Createspace Independent Publishing Platform

Your Spiralizer Can Turn Traditional Pasta into Gluten Free Pasta! Want to know how to use your new vegetable Spiralizer to make appetizing, gluten-free meals for your family? Then the "Spiralizer 101" series of books is for you! With illustrated instructions, this book will answer all of your questions about spiralizers, such as: - How can I make zucchini pasta, potato lasagna, cauliflower rice, and other pasta and rice replacements from fresh vegetables? - How to use the popular brands of spiralizers (such as the Paderno, Veggetti, iPerfect, Mueller, Brieftons and others)? - What are the different shapes and sizes of spiral cuts I can make? - How to spiral cut vegetables without a spiralizer? - How to choose the right vegetables for spiralizing? - What kind of meals can I make with spiralized veggies? In addition, the book contains 101 time-tested recipes designed to satisfy your hunger for the foods you enjoyed before gluten became forbidden. Would you like to enjoy Gluten-Free fettuccine alfredo? Pasta Arrabiata? How about spicy Drunken Noodles? Or a homemade Chicken and Noodle soup? Who is this book for? You want to learn how to make zoodles You are gluten sensitive or have celiac disease You eat gluten-free or wheat-free meals Compatible with Against the Grain, Wheat Belly, Inspiralized, or other popular books You have a Paderno spiralizer, Veggetti Spiralizer, Mueller Spiralizer, or any other brand of vegetable spiralizer or spiral slicer You love pasta dishes, but want to eat healthy You desire low carb pasta or veggie pasta, such as vegetable spaghetti, spiral pasta, low carb noodles, etc. Paperback version recommended for better use in the kitchen. Click the BUY button today! NO RISK GUARANTEE! Preview of the 101 delicious Gluten-Free recipes inside: SOUPS: Asian Pasta with Broth Black Bean & Noodle Soup Butternut Squash Avocado Soup Curried Leek & Lentil Soup Green Chile, Chicken, Squash Soup Mexican Chicken Noodle Soup Mexican

Tomato Soup with Squash Noodles Gluten Free Miso Noodle Soup Pork & Noodle Soup with Greens Pumpkin Noodle Soup Rosemary Root Vegetable Soup Shoyu Cabbage Soup Shrimp Soup with Bok Choy Sizzling "Rice" Soup Slow - Cooker Minestrone Thai Chicken Noodle Soup Tunisian Noodle Soup SALADS: Asian Chicken & Noodle Salad Beef Salad Beet Salad Colorful Carrot & Beet Slaw Dill Salmon Pasta Salad Greek Pasta Salad Light Citrus Ginger Tofu Salad with Carrot and Squash Noodles Mediterranean Pasta Salad Noodles & Humus Salad One Pot Kale and Cauliflower Pilaf Pasta Primavera Salad Roasted Baby Turnips with Dijon-Shallot Vinaigrette and Beet Noodles Shaved Asparagus, Yellow Squash, and Mint Salad South of the Border Jicama-Avocado Salad Thai Green Papaya Salad Vegetables with Rosemary Vinaigrette Zucchini and Squash Summer Salad with Golden Raisins, Pistachios, and Mint Zucchini, Squash, and Spinach Salad with Apples and Cranberries SIDES: Potato-Veggie Latkes Baked Zucchini and Potato Pancakes Cabbage and Apple Sauté Curried Vegetable Couscous French Peasant Beets Spirals Lemon Chard Pasta Mediterranean Squash Stir-fry Mexican Slaw Perfumed Noodles with Fruit & Nuts Roasted Vegetable Snacks Sesame Noodles Spicy Slaw Squash Sauté MAIN DISHES: Baked Chicken Parmesan with Noodles Baked Eggs with Spiralized Jicama Beef Paprikash with Squash Noodles Beef Pho Cabbage and Apple Sauté Cabbage "Spaghetti" with Turkey Sauce Chicken Curry with Cauliflower "Rice" Chili Cincinnati Style Curried Chicken with Pasta Drunken Clams with Sausage "Drunken Noodles" with Chicken Ethiopian-Inspired Spicy Chicken Stew Florentine Potato Pasta Casserole Funky Low Fat Chicken

Spiralizer Cookbook Constable & Robinson

150 easy ways to turn vegetables and fruits into creative and healthy meals! Vegetable spiralizers are the latest must-have kitchen gadget, and with good reason. They're affordable, easy to use, and make healthy eating fun and quick. Whether you're following a Paleo, gluten-free, raw, or low-carb diet, you'll find unique ideas for satisfying, fiber-rich meals that are built around healthy vegetables and fruits, including: Quick and Easy Jalapeño Hash Browns Sweet and Salty Apple Chips Slow-Cooker Buffalo Chicken Lettuce Cups with Spiralized Carrots Zucchini Pad Thai Cajun-Spiced Jicama Shoestring Fries Spiralized Fruit Salad with Coconut Whipped

Cream You can use any type of spiral cutter, or even a simple vegetable peeler, to transform vegetables and fruits into noodles, shoestrings, or corkscrew shapes in minutes. Featuring an introduction to spiralizing techniques; lists of the best vegetables and fruits to use; and imaginative, low-carb recipes, The Spiralizer Recipe Book will give you 150 reasons to use your spiralizer every day!

Spiralizer Cookbook For Beginners

Createspace Independent Publishing Platform

150 easy ways to turn vegetables and fruits into creative and healthy meals! Vegetable spiralizers are the latest must-have kitchen gadget, and with good reason. They're affordable, easy to use, and make healthy eating fun and quick. Whether you're following a Paleo, gluten-free, raw, or low-carb diet, you'll find unique ideas for satisfying, fiber-rich meals that are built around healthy vegetables and fruits, including: Quick and Easy Jalapeño Hash Browns Sweet and Salty Apple Chips Slow-Cooker Buffalo Chicken Lettuce Cups with Spiralized Carrots Zucchini Pad Thai Cajun-Spiced Jicama Shoestring Fries Spiralized Fruit Salad with Coconut Whipped Cream You can use any type of spiral cutter, or even a simple vegetable peeler, to transform vegetables and fruits into noodles, shoestrings, or corkscrew shapes in minutes.

Featuring an introduction to spiralizing techniques; lists of the best vegetables and fruits to use; and imaginative, low-carb recipes, The Spiralizer Recipe Book will give you 150 reasons to use your spiralizer every day!

Spiralizer Cookbook Rockridge Press

Spiralizer is one of the best of the nowadays kitchen inventions! It's true, just try it out with Julia Nelson's Spiralizer Cookbook and you will see how much healthier your eating become. Cook new beautiful, healthy and tasty vegetable dishes every day. Whether you're looking for the way to feed your kids with more veggies, want to eat more raw food by yourself, or you are on some of a low carb diet (Paleo, Ketogenic, Atkins), Spiralizer is the great decision for you! This Spiralizer Cookbook has plenty of great easy and mouthwatering recipes for any kind of eaters. With this cookbook you will make best: Breakfasts Soups Salads Pasta Desserts and Other Beautiful Ideas for Your Healthy Living.

150 Best Spiralizer Recipes Lorenz Books

"Whether you're gluten-free, Paleo, 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 101 recipes for flavorful and good-for-you meals that are built around veggies."--Page [4] of cover.

The Spiralizer Recipe Book

Independently Published
NEW YORK TIMES BESTSELLER •
The definitive cookbook for using a spiralizer: the kitchen gadget that turns vegetables and fruits into imaginative, low-carb dishes. On her wildly popular blog, Inspiralized, Ali Maffucci is revolutionizing healthy eating. Whether you're low-carb, gluten-free, Paleo, or raw, you don't have to give up the foods you love. Inspiralized shows you how to transform more than 20 vegetables and fruits into delicious meals that look and taste just like your favorite indulgent originals. Zucchini turns into pesto spaghetti; jicama becomes shoestring fries; sweet potatoes lay the foundation for fried rice; plantains transform into "tortillas" for huevos rancheros. Ali's recipes for breakfast, snacks, appetizers, sandwiches, soups, salads, casseroles, rices, pastas, and even desserts are easy to follow, hard to mess up, healthful, and completely fresh and flavorful. Best of all, she tells you how to customize them for whatever vegetables you have on hand and whatever your personal goal may be—losing weight, following a healthier lifestyle, or simply making easy meals at home. Here, too, are tons of technical tips and tricks; nutritional information for each dish and every vegetable you can possibly spiralize; and advice for spiralizing whether you're feeding just yourself, your family, or even a crowd. So bring on a hearty appetite and a sense of adventure—you're ready to make the most of this secret weapon for healthy cooking.

Zoodles Spiralizer Cookbook Robert Rose

A concise guide to the popular cooking tool that offers fun new options for fruits and veggies—with over twenty creative recipes included. The Spiralizer Cookbook 2.0 offers a fresh approach to the innovative tool that slices vegetables and fruits into noodles, shoestrings, thin shreds, and waferlike slices in seconds. This compact, photo-filled guide to spiralizing includes everything you need to know, from how to assemble your Spiralizer to

understanding its unique blades, and over 20 inspiring recipes for inspiring snacks, main dishes, desserts, and more. Find easy-to-follow recipes for Apple Pancakes; Baked Eggs with Zucchini; Shrimp Spring Rolls with Peanut Sauce; Apple-Cabbage Salad with Bacon & Candied Walnuts; Chicken Pho with Daikon Radish Noodles; Fresh Parsnip Pasta Primavera; Apple Galette; Curly Fries; Cucumber Gimlet, and much more, all utilizing the Spiralizer. With The Spiralizer Cookbook 2.0 you can create delicious, low carb meals, full of fresh vegetables and fruits!

The Spiralizer Recipe Book Clarkson Potter
The spiralizer is an ideal kitchen appliance that can make different kinds of vegetable noodles or more commonly known as zoodles in just 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!

Spiralizer Cookbook Createspace Independent Publishing Platform

From how to assemble your spiralizer and understanding the unique blades, to making butternut squash mac and cheese or shrimp pad thai with daikon noodles--The Spiralizer Cookbook is the only guide you'll ever need for spiralizer cooking. This beautifully photographed, step-by-step handbook provides expert tips and techniques as well as easy recipes. With 20 delicious yet simple recipes for snacks, salads, main dishes, and desserts you'll soon be able to crank out meals everyone will love. With The Spiralizer Cookbook you can try your hand at garlicky beef and broccoli with broccoli noodles, Moroccan-spiced roasted chicken with carrot salad, fish tacos with jicama slaw, or spiced apple cake.

The Spiralizer Recipe Book

CreateSpace

Do you want Delicious and Amazingly-looking Dishes? Do you want Healthy and Fresh food? Then this Spiralizer Cookbook might be what you are looking for and your Spiralizer is All That You Need! This Spiralizer Cookbook will do just that! This recipe book is a compilation of foolproof easy recipes based on use of the any spirizer (spiral vegetable slicer) which is a leading kitchen appliance for cutting vegetables. Its main functions and benefits are covered in this Spiralizer cookbook as well. Discover ingenious spiralizer recipes such as: - Breakfast -

Soups and Stews - Sandwiches - Wraps
and Pizzas - Snacks and Side Dishes -
Rice, Risotto and Pasta Recipes -
Desserts Recipes Each recipe also
contains additional information that will
help you track your progress and
improve on weight loss with: -
Estimated preparation and cooking
times - Number of servings - Nutritional
value broken down into calories,
proteins, carbs, fats Sometimes small
pleasures can become big pleasures
and this Spiralizer Recipes Cookbook
will surely do that. It's your turn to
discover the Spiralizer Lifestyle!

Spiralizer Cookbook Clarkson Potter

Think vegetables are boring? Well, watch out,
because these tasty and flavour-packed
spiralized recipes are about to prove
otherwise. You are going to love these easy,
low-carb fruit & vegetable noodles. Grab a
spiralizer and get creative with our recipes!
This cookbook has been edited and updated
(11/20/2017).

The Spiralizer Cookbook Rockridge
Press

A spiralizer is the perfect way to get
more vegetables into your diet!