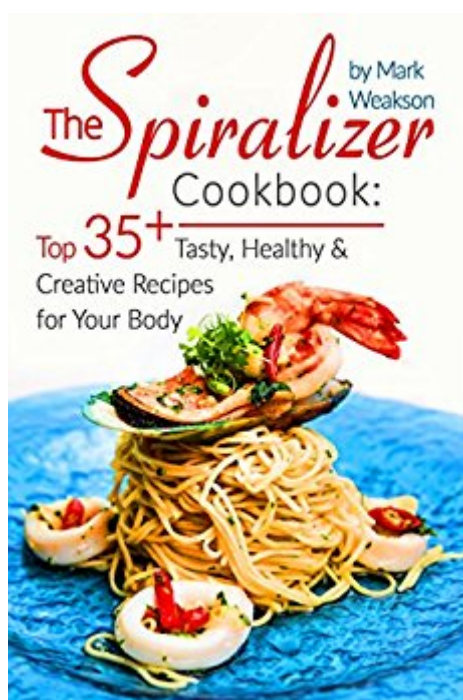


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Spiralizer Cookbook: Top 35+ Tasty, Healthy And Creative Recipes For Your Body



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 like asparagus, artichokes, beets, blueberries, broccoli, Brussels sprouts, cauliflower, chard, chickpeas, citrus fruits, corn, cranberries, cucumbers, eggplant, fennel, figs, green beans, green peas, grapes, guava, kiwi, leeks, lentils, lima beans, mango, mushrooms, nectarines, okra, onions, papaya, peaches, pears, pineapples, plums, radishes, raspberries, rhubarb, rutabaga, saffron, shallots, spinach, squash, sweet potatoes, tomatoes, turnips, watermelon, yams, and zucchini are high in water (such as watermelon, cantaloupe, and cucumber) and help to detoxify the body. Beans, lentils, and chickpeas are rich in fiber, which helps to keep the digestive system moving. Fruits like apples, pears, and berries are high in antioxidants, which help to protect the body from oxidative stress. Vegetables like leafy greens, cruciferous vegetables, and root vegetables are high in vitamins and minerals that support overall health. Herbs like basil, oregano, and rosemary are also beneficial for health. Drinking plenty of water is essential for maintaining good health. Eating a variety of fruits and vegetables is the best way to ensure you are getting all the nutrients you need. If you are looking for a specific food that is high in a certain nutrient, there are many resources available online that can help you find what you need. For example, the USDA's National Nutrient Database is a great resource for finding the nutritional content of a wide variety of foods. You can also find many recipes online that use healthy ingredients. Eating a healthy diet is one of the best ways to maintain good health and prevent disease. So, if you are looking for a healthy diet, make sure to include a variety of fruits and vegetables in your meals. You can also find many resources online that can help you learn more about healthy eating. For example, the National Institute of Diabetes and Digestive and Kidney Diseases has a website with information about healthy eating. You can also find many books and articles about healthy eating. So, if you are looking for a healthy diet, make sure to include a variety of fruits and vegetables in your meals. You can also find many resources online that can help you learn more about healthy eating. For example, the National Institute of Diabetes and Digestive and Kidney Diseases has a website with information about healthy eating. You can also find many books and articles about healthy eating.

Spiralizing makes more out of your vegetables and fruits. When you simply dice, you barely get a portion of that food. With spiralizing, small vegetable scraps are utilized. Unlike dicing, spiralizing leaves vegetables in long, thin strands. These strands are perfect for soups, salads, and stir-fries. Spiralizing also makes it easy to create vegetable noodles, which are a healthy alternative to pasta. The book provides recipes for various dishes, including soups, salads, and stir-fries, all featuring spiralized vegetables. It also includes a section on how to use a spiralizer, with tips on how to choose the right one and how to use it safely. The book is a great resource for anyone looking to incorporate more vegetables into their diet.

Book Information

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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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