

There is a newer edition of this item: 150 Best Spiralizer Recipes grab your copy here [Amazon.com/dp/0778805220](https://www.amazon.com/dp/0778805220) Want even more delicious Spiralizer Recipes? In their new book, 150 Best Spiralizer Recipes, Marilyn Haugen and Jennifer Williams give you even more delicious, healthy and satisfying Spiralizer recipes. You will find a mouth-watering assortment of recipes for Gluten-free, Paleo, Vegetarian and Vegan, and Raw Food diets in this new Spiralizer Cookbook. The Spiralizer Cookbook You Have Been Waiting For: Delicious, Mouthwatering and Eye Catching Spiral Vegetable Recipes Eating healthier is easier than ever using these delicious recipes and a spiral vegetable cutter. Nutritious meals can be a breeze: quick and easy to make, flavorful, satisfying and with delectable vegetables and fruits. Nutritionists tell us that we need to get two to three cups of vegetables in our daily diet, yet often it is a struggle for time and ideas on what to make. This book provides a really fun, fool-proof and fast way to make delicious dishes using more vegetables and fruits. All of these recipes have been designed for the spiralizer, spiral vegetable cutter, julienne peeler or mandoline, along with easy-to-follow directions. Included are many updated classic and comfort food recipes. But I have also expanded the boundaries of flavorful vegetables that you can make at home quickly and easily too. There are indeed the recipes for vegetarians, gluten-free diets and low carbohydrate diets. But, there are also a wide variety of dishes for meat, poultry and fish lovers and salad or side dishes that will go with just about any meal. Expanding the boundaries of traditional vegetable dishes gives you so many more options that you will be able to serve in so many ways! A spiral slicer can do wonders to your vegetables and fruits, however this recipe book takes it to the next level, and with it you will be able to quickly and easily add variety to your diet and satisfy your family, friends, and yourself with delectable, beautiful looking dishes.

Chicken Genes and Chromosomes 2015: Third Report 2015 (Cytogenetic and Genome Research), Sir Gawain and the Green Knight, TMJ Miracle: Recovery from Whiplash, Fibromyalgia and Related Disorders, Cops and Robbers (True Crime (Raintree)), Lemonade for Sale: Bar Graphs (Mathstart: Level 3 (HarperCollins Library)), Batman Classic: Batman versus Man-Bat (I Can Read Level 2), Beyond Pressure Cooker (Beyond Series) (Beyond),

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