

Spiralize Now 80 Delicious Healthy Recipes For Your Spiralizer

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Spiralize Now 80 Delicious Healthy

SPIRALIZE Now! provides 80 diverse, delicious and simple recipes for the veteran and first time spiralizers alike. Find mouthwatering recipes you didn't realize your spiralizer was capable of. Split into sections for light bites, salads, mains, sides and accompaniments, and sweet treats there's something for everyone in this comprehensive cookbook.

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From courgetti (courgette spaghetti) to cunoodles (cucumber noodles), it is now easier than ever to create healthy twists to your favourite meals. Perfect for the health-conscious, these vegetables can become the star of your dish, replacing heavier ingredients such as pasta and rice, so that you can enjoy your meal while eating less calories and cutting back on refined carbohydrates.

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Spiralizing has transformed cooking routines worldwide thanks to the easy-to-use Spiralizer and its simple way to enjoy a fresh, nutritious meal and limit carbs. SPIRALIZE Now! provides 80 diverse, delicious and simple recipes for the veteran and first time spiralizers alike.Find mouthwatering recipes you didn't realiz

SPIRALIZE Now! - Insight Editions

SPIRALIZE Now Book Description : Inside these pages, you'll discover 80 inspiring recipes for the spiralizer. With this innovative and easy-to-use tool, create delicious, attractive, nutrient-packed spirals and ribbons of fruit and vegetables.

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