



Family Spiralizer Cookbook: 60 Best Vegetable Spiralizer Recipes, from Breakfast Noodles to Pasta Main Dishes, Fries, Soups, Veggie Sides and Sweet Desserts

By Nancy Crews

Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.60 Best Vegetable Spiralizer Recipes, From Breakfast Noodles To Pasta Main Dishes, Fries, Soups, Veggie Sides And Sweet Desserts Here is a collection of recipes to make the most of your spiralizer. Your spiral vegetable slicer will no longer stay idle on the counter with these tasty and irresistible dishes! Spiralized vegetables are not just about healthy eating, they also provide a lot of fun for the whole family. Get your kids involved as you create colorful meals from breakfast to lunch, dinner, side dishes and dessert. The types of dishes you can make with spiralized vegetables is almost endless. The 60 recipes in this book will enable you make flavorful, low-calorie and all-natural recipes with the use of your spiralizer. Vegetable-full meals hit the spot whether you want to slim down or just want to maintain a healthy weight. They are not only delicious and nutritious, they also fill you up and help you resist sweets and junk food. The best recipes require minimal effort to make. Sometimes, all you have to do is toss your spiralized...



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