



Spiralizer Cookbook: Easy, Delicious, and Healthy Recipes for Your Spiralizer (Paperback)

By Savannah Gibbs

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Spiralizer Cookbook If you love noodles and pasta but you re trying hard to limit the unhealthy carbohydrates you eat, there s a new food trend that can help. It s spiralizing. The concept is simple; you use a spiralizer to turn vegetables and fruits into long spiral ribbons or noodles. For example, you can bring spaghetti back into your life by using squash noodles instead of those made from flour. Learning how to use a spiralizer will improve your diet and spice up your cooking. All of the vitamins, minerals, and nutrients from fresh vegetables and fruits will fill you up with the energy and antioxidants you need to get through the day and keep yourself healthy. This book will make it easy for you to enjoy healthy, spiralized food. By reading this book, you ll learn: - How to choose and use a spiralizer - The best vegetables and fruits to spiralize - 52 Delicious spiralizer recipes for pasta, salads, breakfast, main dishes, snacks, and desserts Twirling your fruits and veggies around your fork can make the meal a...

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