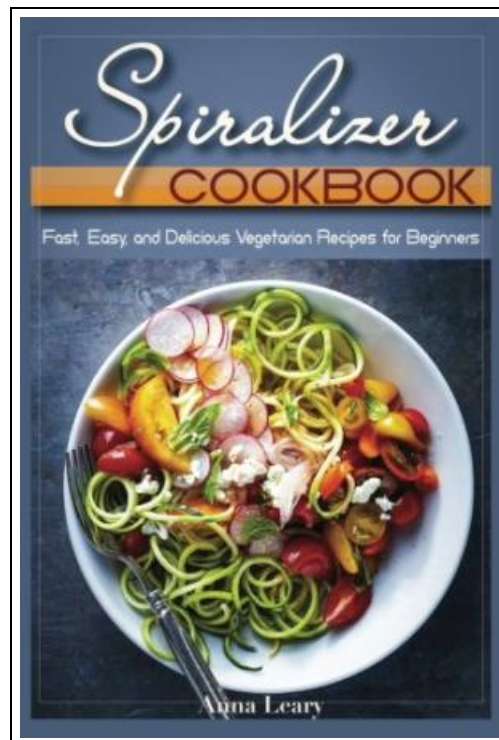


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. All recipes in this cookbook are vegetarian, gluten free, and raw. This cookbook contains recipes in preparing meals using the Spiralizer, a tool that can shave weight off anyone. You can spiralize many kinds of veggies: zucchini, cucumbers, carrots, sweet potato, pumpkin, beetroot, radish, or turnips. This tool changes fruits and veggies into pasta and noodles without remorse. Spiralizers come in varying styles, but all are portable and easy to use. In addition, it undertakes this task within a smaller amount of time as opposed to the time it takes you to peel a potato. Spiralized vegetable really are the ideal food, aren't they? All salads or pasta in this cookbook are bright and rainbow-colored, light and crisp, and juicy. Plus, the salads and spiralized pasta in this cookbook do not require cooking and they pack in plenty of nutritious vegetables without a ton of calories. This tool is perfect, whether you are vegetarian, high raw, gluten-free, or simply want to add more greens in your belly and bring more fun to the dinner table! Presently, this innovative gadget is quite in demand in the United States, although experts caution folks not to eliminate carbohydrates from their diet completely. So, if you plan to make family meals using this useful machine, this cookbook was written with you in mind. For saving time, a good spiralizer is a worthy investment. To get you started, here are some vegetarian delicious spiralizer recipes to inspire you. Here Is A Preview Of What You ll Learn. Spiralized Zucchini Noodles with Lemon, Tomatoes and Red Chili Flakes Noodle-free Veggie Raw Pad Thai Summer Zucchini Pasta with Veggie Avocado Pesto Sauce Raw Zucchini Noodles...

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