



## The Hearty Spiralizer Cookbook: Over 100 Delectable Recipes for Paleo, Low Carb, Gluten-Free, Dairy Free, Weight Loss Other Healthy Diets (Paperback)

By Peach Moore

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Spiralize Your Way To A Healthier Diet This book The Hearty Spiralizer Cookbook is filled with helpful information, techniques and tips on spiralizing. It also contains recipes for meal preparations using the spiralizer, that wonderful kitchen device that changes all kinds of veggies and fruits into many healthy meals while preserving the valuable nutrients and natural enzymes they contain. With this book in your hands and the spiralizer in your kitchen, you can now prepare healthy and deliciously crisp noodles, pastas, ribbons, rice and curls. You will discover the simple and creative ways of transforming wholesome vegetables and fruits into lovely meals within a couple of minutes. There are over 100 instructive recipes in this book on how to prepare nutritionally rich meals. Additionally, each recipe lists its health benefits. This way, those who subscribe to certain dietary preferences such as paleo, low carb, gluten-free, vegan or vegetarian can rest assured knowing they are eating healthy while pleasing their palate in the process. For those who find it difficult to incorporate vegetables in their diet, spiralizing is for you. Once...

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