



# **The Spiralizer Recipe Book: From Apple Coleslaw to Zucchini Pad Thai, 150 Healthy and Delicious Recipes**

*Carina Wolff*

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## **The Spiralizer Recipe Book: From Apple Coleslaw to Zucchini Pad Thai, 150 Healthy and Delicious Recipes** Carina Wolff

150 easy ways to turn vegetables and fruits into creative and healthy meals!

Vegetable spiralizers are the latest must-have kitchen gadget, and with good reason. They're affordable, easy to use, and make healthy eating fun and quick. Whether you're following a Paleo, gluten-free, raw, or low-carb diet, you'll find unique ideas for satisfying, fiber-rich meals that are built around healthy vegetables and fruits, including:

- Quick and Easy Jalapeño Hash Browns
- Sweet and Salty Apple Chips
- Slow-Cooker Buffalo Chicken Lettuce Cups with Spiralized Carrots
- Zucchini Pad Thai
- Cajun-Spiced Jicama Shoestring Fries
- Spiralized Fruit Salad with Coconut Whipped Cream

You can use any type of spiral cutter, or even a simple vegetable peeler, to transform vegetables and fruits into noodles, shoestrings, or corkscrew shapes in minutes. Featuring an introduction to spiralizing techniques; lists of the best vegetables and fruits to use; and imaginative, low-carb recipes, *The Spiralizer Recipe Book* will give you 150 reasons to use your spiralizer every day!

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Exactly why? Because this *The Spiralizer Recipe Book: From Apple Coleslaw to Zucchini Pad Thai, 150 Healthy and Delicious Recipes* is an unordinary book that the inside of the book waiting for you to snap that but latter it will distress you with the secret that inside. Reading this book next to it was fantastic author who write the book in such wonderful way makes the content inside easier to understand, entertaining method but still convey the meaning fully. So , it is good for you for not hesitating having this nowadays or you going to regret it. This excellent book will give you a lot of gains than the other book get such as help improving your expertise and your critical thinking technique. So , still want to delay having that book? If I were being you I will go to the e-book store hurriedly.

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