



The Vegetable Spiralizer Cookbook: 101 Gluten-Free, Paleo Low Carb Recipes to Help You Lose Weight Get Healthy Using Vegetable Pasta Spiralizer - For Paderno, Veggetti Spaghetti Shredders (Paperback)

By Laura Moore

Createspace Independent Publishing Platform, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Vegetable Spiralizer Cookbook - a complete spiralizer resource to create healthy and tasty low-carb spiralizer dishes. These spiralizer recipes work well with: Paderno World Cuisine, Spiralizer Tri and 4 Blade, Mueller, Brieftons, Premium Vegetable Spiralizer, Kitchen Aid, OXO, Lurch Spirali, Cuisique Premium Spiralizer, Spiralite, Hemsley + Hemsley, Veg-a-Spin and others. The Vegetable Spiralizer Cookbook looks to redefine spiralized cooking with inspirational meals that are everlastingly healthy and delicious. With over 100 spiralized recipes, you will be taken by these specially created nutritious and tasty meals. The book is also beginner friendly and consists of straightforward guidelines and easy-to-follow instructions to kick-start your exciting spiralized cooking adventure. Readers are assured that the choice of ingredients used in these recipes were carefully chosen, based on a healthy gluten-free diet. Therefore, only the healthiest carbs, proteins, fats, fruits and vegetables are used in order to ensure that you are eating for a healthy advantage. The recipes are suitable for the following meals: - Recipes for the Paderno, Veggetti or other Vegetable Spiralizers - Vegetable Pasta or Spaghetti Recipes - Paleo Spiralizer Recipes - Healthy...

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Comprehensive information! Its this sort of great go through. It really is rally interesting through studying time. I am just quickly can get a satisfaction of looking at a created pdf.

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