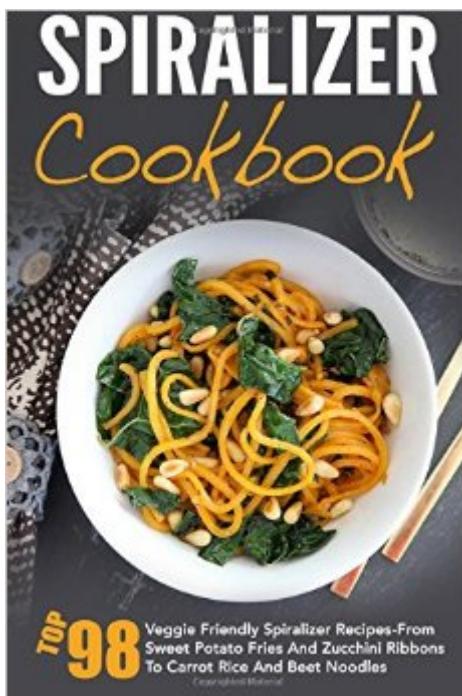


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# Spiralizer Cookbook: Top 98 Veggie Friendly Spiralizer Recipes-From Sweet Potato Fries And Zucchini Ribbons To Carrot Rice And Beet Noodles



## Synopsis

2 Edition-Now 98 Spiralizer Recipes Inside Top 98 Veggie Friendly Spiralizer Recipes-From Sweet Potato Fries And Zucchini Ribbons To Carrot Rice And Beet Noodles Wondering what to do with your spiralizer? Here's a collection of recipes for you! Put your spiral cutter to work with these tasty dishes. Get ready for one of simplest, and most delicious recipes you've tried in a long time Spiralized eating isn't only healthier, it's more fun. With spiralizing, you have more versatility in the shapes and sizes of your vegetables, so you can put a twist on classic holiday dishes There are 98 recipes in this book that will teach us how to make nutrient-dense meals with the aid of a spiralizer, a kitchen device that is easy to use and worth adding into your kitchen. Countless hours of slicing, dicing or chopping your veggies become a thing of the past: just mount your desired blade and ingredient in a spiralizer, turn the handle clockwise, and voila! Your vegetables turn into crisp cuts and strands that are ready to be mixed into soups, salads, pasta dishes and breakfast meals. Moreover, this book contains basic know-how about the spiralizing process such as a step-by-step guide on using a spiralizer, a list of spiralizer-friendly vegetables and the health benefits we can expect to see in ourselves once we incorporate a healthier and paleo-friendly diet. Here Is A Preview Of What You'll Learn... Paleo-Friendly CarbonaraRoasted Carrot and Coconut CrostinoChicken and Zucchini Noodle BowlMediterranean Zoodle PlatterSpiralized Zucchini Rice with Sweet Cider DressingParmesan Broccoli Noodles with TomatoesBeet Noodles with Tangy Mustard DressingGluten-Free Parsnip PuttanescaAvocado and Beet OmeletRutabaga Spaghetti with Truffle Marinara SauceSummer Prosciutto and Cottage Cheese PastaMuch, much more! Buy your copy today! Try it now, click the "add to cart" button and buy Risk-Free

## Book Information

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## Customer Reviews

Beware, this book has several faults. It does not have page numbers. There is no index. Because no page numbers, no page numbers in index so you cannot easily find the recipe you want. There are no pictures except the cover. Save your money and buy a really good cookbook called *Inspirialized* by Ali Maffucci. Every recipe we have tried is great and there is a great index and they have page numbers and a complete index. The first book looks like it was done by an amateur in the kitchen. There are also typos. Really second rate.

Terrible book. No pictures and some of the recipes do not work. the best blooper of the book is a recipe for zucchini in a peanut sauce. The recipe details every ingredient required such as 'zucchini' to make the recipe with the exception of the ingredients to make the peanut sauce. There is a little note stating 'recipe for peanut sauce is at the back of the book' looked through the whole book and cannot locate the peanut sauce recipe... must be a secret recipe!! Save your money!!!!!!

Meat, take a back seat! This cookbook has a lengthy recipe list of healthy meals that feed from two to eight people. The focus of the book centers on the spiralizer. The spiralizer allow a person to create noodles, pasta, and thin vegetables strips out of carrots, apples, cucumbers, sweet potatoes, and other vegetables. You are also able to turn beats into rice. This reduces cooking time; but more importantly, it allows for a variety of creative, tasty dishes that place vegetables at the forefront of meal instead of meat. The book had an emphasis at looking at carb intake and creating healthy meals. Different brands of spiralizers were identified. Specifically, the benefits of using a spiralizer were for losing weight, having more eye appealing meals, and incorporating the use of organic vegetables. The spiralizer brings back an element of creativeness and fun when preparing dishes and the the 49 recipes give more than enough different meal combinations to keep a person making new dishes well into the future. For myself, this is a whole new way of cooking and thinking about food. A super great read!!

Edit: although authors Richards and Maffucci use different descriptions, they ARE following the same size blades in their recipes. A is the flat blade that give the widest results (I used this for potatoes and onions for a Spanish omelette), and B and C produce narrow and narrower. (Maffucci has a D blade for the narrowest noodles. I marked (with black nail polish) the A/B/C on my Westmark

## Spiromat.

This cookbook is helpful and well written. By the help of this book I have learned tons of spiralizer recipes. Inside of this book I have found a huge collection of tasty and delicious recipes. I am a food lover and I like to read cookbooks. Two weeks ago, my elder sister suggested me about this book and for that why I purchased this book. The author of this book has described every recipe very clearly and with full details. By reading this book I have understood about, how about the spiralling process and basic know. Inside of this book I have found step by step guides and essential information. Overall, this book is fantastic and by reading this book I am impressed enough.

This is absolutely the worst "cookbook" (generously referring to as such) I have seen. There is no index; a list of recipe names, no page numbers even on the pages. No diagrams, graphics or any visual information. As far as vegetarian. This is questionable, most recipes contain butter and/or bacon. Any neophyte cook could easily imagine all of these recipes. Look elsewhere for a good cookbook.

This ebook contains recipes for fries, fritters, pies, salads and a variety of side dishes as well as main course meals. I came across this book which provides some very exciting options presented in a standard recipe format. I can have sweet potatoes for breakfast, lunch or dessert and have it prepared a different way. I wish there were pictures but there are none. We could all benefit from eating more sweet potatoes and it's not just for pies anymore. The fact that I have so many to refer to, or just get ideas for new favorites is awesome. If you want to cook healthy dishes for your family then this book is for you.

I have a sprializer, but I had no idea there were so many things I could do with it! I'm not super creative in the kitchen, so up until now, the only thing I could think to use it for were zucchini or squash noodles. But there is just so much you can do that I would have never thought of! I found this so helpful having to cook for a vegetarian, and it has helped me find so many more great meal ideas. With chapters on breakfast to salads to sweets, everyone is sure to find their new favorite recipe in this great book!

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