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The spiralizer is the newest tool in healthy eating - creating tasty low-carb, low-calorie noodles, ribbons and 'rice' from everyday fruits and vegetables, all with the

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feel-full factor of real pasta. There's never been an easier way to eat your five a day, and more.

The Spiralizer! Cookbook: Amazon.co.uk: Catherine Atkinson ...

The Spiralizer Cookbook will help you make the most of your spiralizer with a whole new range of inspiring, delicious and healthy ideas and suggestions. About the Author. Carolyn Humphries has been a food writer and editor for many years.

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The Vegan Spiralizer Cookbook is your how-to guide for vegan dishes with a twist-literally. It serves up 101 recipes that can be prepared with a spiralizer, making it easy and fun to eat more plant-based meals and create delicious, healthy options where fruits and veggies are the star, not

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This spiralizer cookbook is designed to offer recipes that work for a range of diet types, making it versatile. The recipes themselves vary, with some being simple and others being considerably more complex. However, this variation can be positive, as it means that you 're not stuck with the same boring recipes time and time again.

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The Spiralizer Cookbook. Designed to help you get the tasty, twisty best out of everyday fruit and veg, this comprehensive, practical Spiralizer Cookbook includes a guide to all the different kinds of spiralizer and a fantastic

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and their veggies doesn't seem to lessen quicker than we want to.

Spiralizer Cookbook - free PDF and EPUB ebook

To help you make the most of your Spiralizer, our beautifully photographed handbook includes expert tips, step-by-step techniques and quick, easy recipes for every meal of the day. An illustrated primer shows how to assemble the machine and understand the unique slicing blades and their uses.

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The spiralizer is the newest tool in healthy eating - creating tasty low-carb, low-calorie noodles, ribbons and 'rice' from everyday fruits and vegetables, all with the feel-full factor of real pasta. There's never been an easier way to eat your five a day, and more.

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The Spiralizer Cookbook will help you make the most of your spiralizer with a whole new range of inspiring, delicious and healthy ideas and suggestions. About the Author. Carolyn Humphries has been a food writer and editor for many years.

The Spiralizer Cookbook: Delicious, fresh and healthy ...

The Vegan Spiralizer Cookbook is your how-to guide for vegan dishes with a twist-literally. It serves up 101 recipes that can be prepared with a spiralizer, making it easy and fun to eat more plant-based meals and create delicious, healthy options where fruits and veggies are the star, not just a sideshow.

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remove everything from the skillet.

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