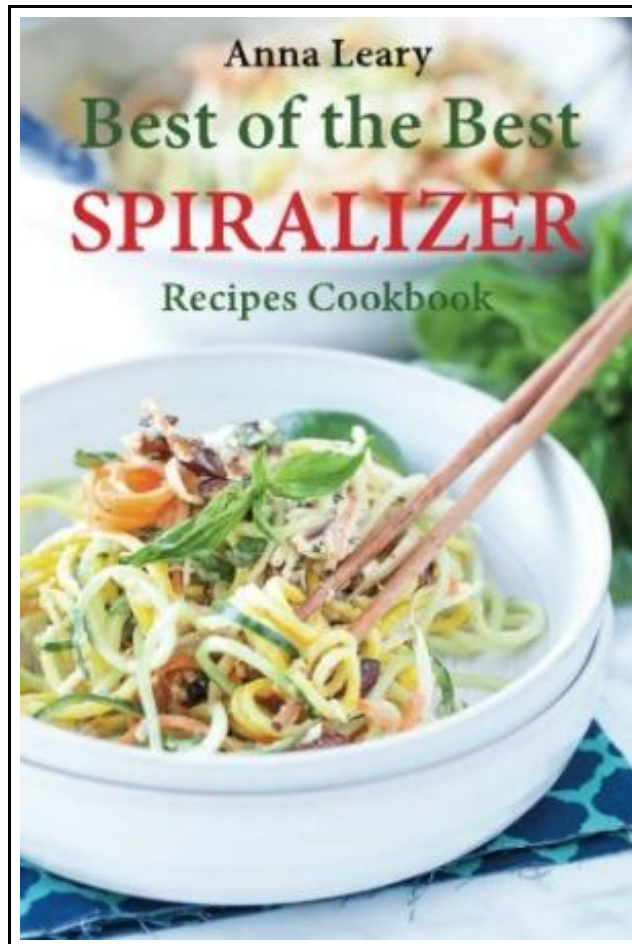


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This book contains information on spiralizers and recipes you can prepare using it for healthy and energy-filled living. The invention of the spiralizer made preparing veggies quick, simple, and enjoyable, plus a bit different when it comes to dicing and slicing. There is also something very eye-catching about a heap of colorful vegetable twists. Vegetable and fruit noodles could be used to create delicious latkes, uncooked salads, a pasta low in carbohydrates, noodle and rice substitutes, in deep-frying, soups, or hot cakes. You could even cook baked delicacies, like curly fries made from sweet potato, onion loops, or crunchy apple pommes frites. If you, however, have not yet invested in the latest kitchen craze known as the spiralizer, don't worry. You could use a mandolin, julienne, or a basic old veggie peeler, but you would just get bands instead of spaghetti with them. If you have a great deal of time, you could still recreate a similar effect through thinly slicing the veggies using a razor-sharp knife. Thus, if you agree with the Huffington Post that noodles and spirals can change the way you consume veggies, then this book is of value to you. I hope you enjoy it! Here is a preview of what you will learn. All About the Spiralizer Carrot Recipes Zucchini Recipes Sweet Potato Recipes Broccoli Recipes Beet Recipes Cucumber Recipes Rutabaga Recipes 2015 All Rights Reserved.

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