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 The Spiralizer Cookbook
 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.
 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.
 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.
 The Vegan Spiralizer Cookbook: Creative, Delicious, Easy ...
 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 collection of 75 deliciously healthy recipes to try. Over 400 photographs show step-by-step spiralizing methods and the finished dishes, making it easy to master the techniques needed to create low-carb, low-calorie noodles and ribbons out of everything from ...
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 The definitive cookbook for using a spiralizer: the kitchen gadget that turns vegetables and fruits into imaginative, low-carb dishes. A NEW YORK TIMES BEST-SELLER! Ali's recipes for breakfast, snacks, appetizers, sandwiches, soups, salads, casseroles, rices, pastas, and even desserts are easy to follow, hard to mess up, healthful, and completely fresh and flavorful.
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 People have become so innovative, experimental and open minded when it comes to food. But the gap between people and their veggies doesn't seem to lessen quicker than we want to.
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 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 Cookbook includes recipes that go beyond just pasta substitutions. Mitchell also includes stews, soups, sandwiches, and traditional pasta dishes where pasta is substituted by a spiralized vegetable. The book comes in both kindle and paperback

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 1. In a large skillet over medium heat, sauté the garlic in the coconut aminos and sesame oil for about a minute, and then stir in the ground beef. Cook until browned, about 5 minutes more, and then add the gochujang. After 5 or 6 minutes, remove everything from the skillet.
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 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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1. In a large skillet over medium heat, sauté the garlic in the coconut aminos and sesame oil for about a minute, and then stir in the ground beef. Cook until browned, about 5 minutes more, and then add the gochujang. After 5 or 6 minutes, remove everything from the skillet.

The Spiralizer Cookbook eBook by Williams-Sonoma Test ...

Spiralizer Cookbook: 40 Healthy, Low Carb, Gluten Free Spiralizer Recipes from Noodles, Salads and Pasta Dishes to Fries People have become so innovative, experimental and open minded when it comes to food. But the gap between people and their veggies doesn't seem to lessen quicker than we want to.

The Spiralizer! Cookbook:

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The Spiralizer Cookbook includes recipes that go beyond just pasta substitutions. Mitchell also includes stews, soups,

sandwiches, and traditional pasta dishes where pasta is substituted by a spiralized vegetable. The book comes in both kindle and paperback formats and features 100 recipes.

Best Spiralizer Cookbook: Top Options for Healthier Pasta ...

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 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.