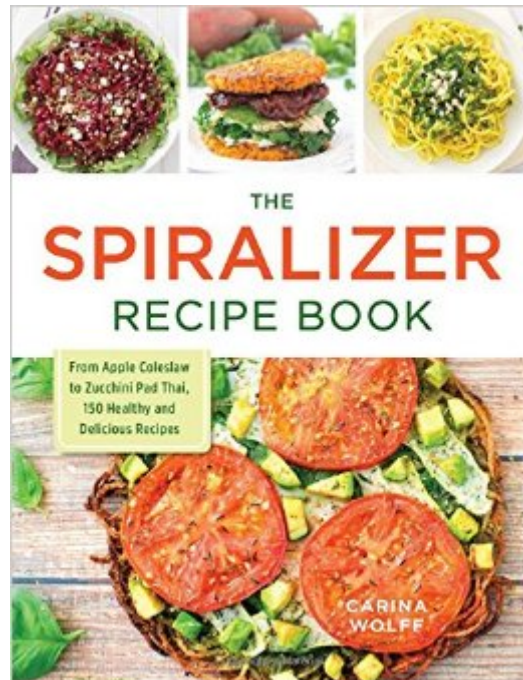


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# The Spiralizer Recipe Book: From Apple Coleslaw To Zucchini Pad Thai, 150 Healthy And Delicious Recipes



## Synopsis

150 easy ways to turn vegetables and fruits into creative and healthy meals! Vegetable spiralizers are the latest must-have kitchen gadget, and with good reason. They're affordable, easy to use, and make healthy eating fun and quick. Whether you're following a Paleo, gluten-free, raw, or low-carb diet, you'll find unique ideas for satisfying, fiber-rich meals that are built around healthy vegetables and fruits, including: Quick and Easy Jalapeño Hash Browns Sweet and Salty Apple Chips Slow-Cooker Buffalo Chicken Lettuce Cups with Spiralized Carrots Zucchini Pad Thai Cajun-Spiced Jicama Shoestring Fries Spiralized Fruit Salad with Coconut Whipped Cream You can use any type of spiral cutter, or even a simple vegetable peeler, to transform vegetables and fruits into noodles, shoestrings, or corkscrew shapes in minutes. Featuring an introduction to spiralizing techniques; lists of the best vegetables and fruits to use; and imaginative, low-carb recipes, The Spiralizer Recipe Book will give you 150 reasons to use your spiralizer every day!

## Book Information

Paperback: 224 pages

Publisher: Adams Media (June 3, 2016)

Language: English

ISBN-10: 1440594384

ISBN-13: 978-1440594380

Product Dimensions: 7 x 0.6 x 9.1 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (13 customer reviews)

Best Sellers Rank: #22,931 in Books (See Top 100 in Books) #38 in [Books > Cookbooks, Food & Wine > Cooking by Ingredient > Vegetables](#) #66 in [Books > Cookbooks, Food & Wine > Special Diet > Low Carbohydrate](#) #151 in [Books > Cookbooks, Food & Wine > Kitchen Appliances](#)

## Customer Reviews

Basically, your bible for all things spiralizer. Carina has an all encompassing grasp on what you can do with a spiralizer, and this book has all kinds of healthy (and tasty) recipes for you to enjoy. The book looks great and is extremely well done.

Definitely a must have! I love the amount of variety and creativity in these recipes. Instructions are easy to follow and the photography is gorgeous. This book is perfect for anyone wanting to spice up their cooking while still maintaining a healthy lifestyle.

Amazing recipes, so easy to follow and so satisfying eating the final creation!

My favorite cook book that I have ever purchased! I literally want to spiralize everything now. I love how the book has such a variety from plant based recipes to meats too! Excellent cook book :)

This book was extremely disappointing. The recipes are time consuming, specialized ingredient and the same items again and again, no creativity. Very geared to the authors own palate. Unless you live in wholefoods, you'll never find most in an average grocery store. Most of the recipes barely have anything spiralized. Example; avocado sandwich and spiralizer the cucumber... really? Make a whole roast with a sauce and oh put it over a spiralized potato. Also, a lot of pages are half empty (blank) . I guess putting a graphic or picture wasn't worth the time. One recipe has chicken in the title but no chicken in the ingredient list .. oops. In my opinion this book was slapped together quickly to jump on a trend and just through in a spiralized vegetable here and there. My suggestion, save your money. Better recipes on the blogspot.com, Facebook groups etc. I couldn't give this book away and not worth shipping it back..oh well.

Not real helpful since I don't like the the Brieftons Spiralizer itself. It does not give any further instructions on setting the product up, using it or cleaning it. I wasn't real interested in the recipes it contained. I pretty much used my other cookbooks.

All the recipes I have made for my family from this cookbook have been hits! The kids think it's so fun to have spiralized veggies. And the recipes are pretty quick for a weeknight after a long work day. I'm excited to try out more of the recipes from this cookbook. Also I love to see photos of the dishes I cook, so that's always a plus with this book!

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