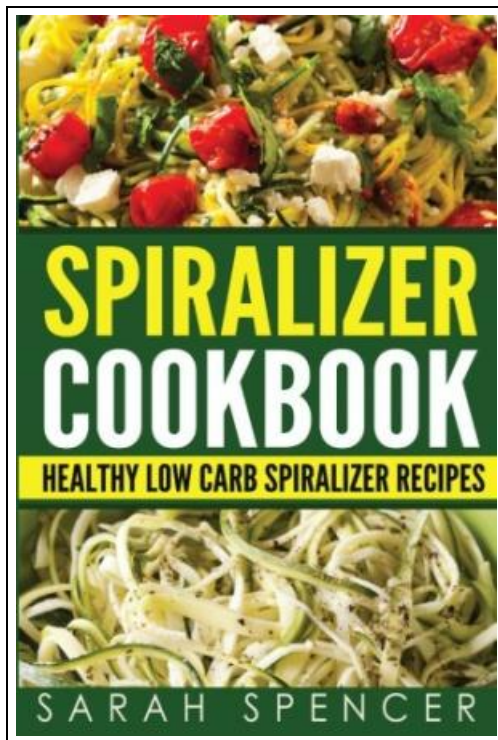


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Filesize: 7.82 MB

Reviews

Merely no phrases to describe. It really is rally intriguing throgh reading time. I am happy to tell you that this is basically the greatest book i have go through in my own lifestyle and might be he greatest book for ever.
(Kattie Wunsch)

SPIRALIZER COOKBOOK: HEALTHY LOW CARB SPIRALIZER RECIPES (PAPERBACK)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. If you think you can t have both healthy low carb and easy-to-prepare delicious meals, think again, because the spiralizer is just the tool for making such dishes! Use a spiralizer to help you achieve your health goals! Maintaining a healthy lifestyle is at the top of almost everyone s list nowadays. We all want to live longer, be stronger and spend more quality time with our loved ones. We know about the value of exercise, counting calories, avoiding processed food and the need for more fiber in our diet. However, let s face it: preparing healthy dishes can be a drag sometimes. Moreover, it s hard to give up foods we love, even if they re labeled as unhealthy. This cookbook will help you discover how to use a spiralizer to make your dishes healthy, easy and fun to prepare. You may not have heard of it before, but the spiralizer is a great tool to help you achieve your health goals! Inside, you ll find: What is a spiralizer and the benefits of using it Tips on using your spiralizer Best fruits and vegetables for the spiralizer Tasty appetizers and snacks such as the Potato Apple Pancakes and the Crunchy Zucchini Fries Rejuvenating salads such as the Spicy Chickpea Salad and the Cucumber Ribbons in Yogurt Dressing Heartwarming soup recipes such as the Butternut Squash Soup with Red Lentils and the Veggie Bacon Soup Wholesome poultry recipes like the Eggs in a Nest and the Chicken Alfredo Bountiful pork, beef and lamb recipes like the Corned Beef Cabbage and the Pork Loin Zucchini Pesto Delightful seafood recipes such as the Creamy Crab Cucumber and the Honey Salmon with Veggies...



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