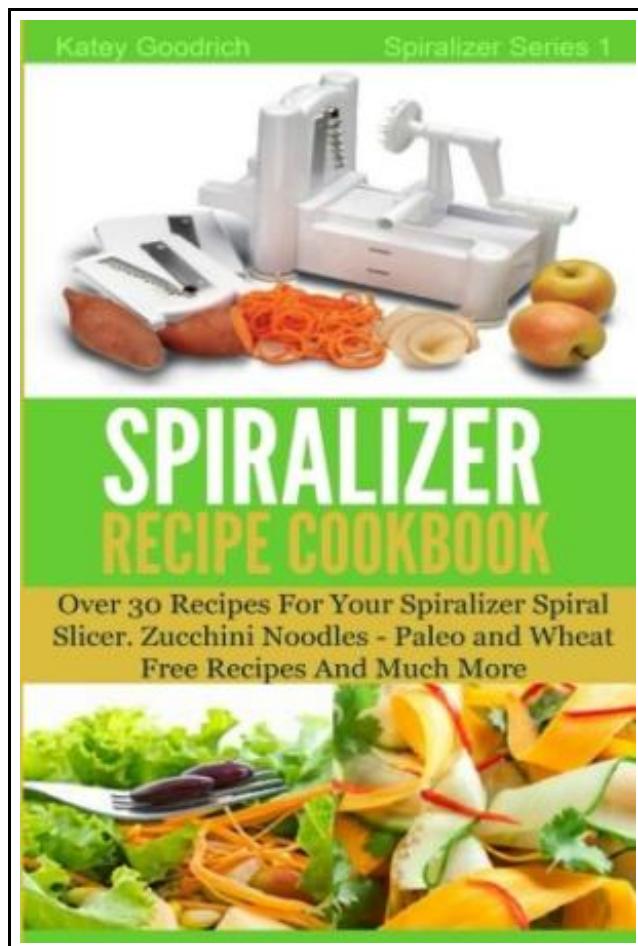


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Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 222 x 148 mm. Language: English . Brand New Book ***** Print on Demand *****.The Spiralizer Cookbook - Over 30 Spiralizer Recipes For The Spiralizer - Healthy, Delicious Spiral Cutter Recipes For The Paderno Spiralizer At last a cookbook loaded with over 30 spiralizer recipes that you can make with your Paderno Spiralizer or regular vegetable spiral slicer. My name is Katey Goodrich and I wrote the spiralizer cookbook because like you I purchased the best kitchen tool ever, the Paderno Spiralizer but couldn t find a cookbook with recipes for it. Having already published 55 Superfoods on Kindle I decided to stop complaining and write one that I could share with you and others, and here it is. This is only the first in a series that will cover many diets and cooking topics that the spiralizer is perfect for. And yes! It has plenty of zucchini noodle recipes as well. I have included helpful tips and advice on cleaning, maintaining and using the spiralizer as well as over 30 starter recipes to get you going. The recipes are good for hand held spiral cutters as well. Included are spiralizing tips and advice for many fruits and vegetables including, Apples, Beets, Butternut squash, Cabbage, Carrots, Celeriac, Cucumbers, Daikon, Eggplants, Jicama, Kohlrabi, Onions, Parsnips, Pears, Plantain, Potatoes, Squash (yellow, summer, Mexican), Radishes, Sweet potato, Turnips, Yams and Zucchinis. I have also included advice on how to prepare the vegetables for spiralizing and cooking, and which blade to use for each dish. You will never be lacking for choice again where it comes to finding a tasty, nourishing vegetable spiralizer based meal again, or spend hours trolling through the internet searching for a recipe to suit your tastes. The Spiralizer...

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