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Spiralize It!: Creative Spiralizer Recipes for Every Type of Eater

By Kenzie Swanhart

Sonoma Press, United States, 2015. Paperback. Book Condition: New. 234 x 190 mm. Language: English . Brand New Book.

From the author of Paleo in 28, your must-have spiralizer cookbook for making ridiculously easy and delicious meals-perfect for any spiralizer. There is one kitchen tool Kenzie Swanhart (aka food blogger Cave Girl in the City) couldn't be without: her spiralizer. It makes eating more vegetables a cinch, and it's just plain fun to use. In Spiralize It!, she shares her passion and proves that you can indulge in your favorite foods by swapping carbs for a variety of veggies, from carrots and sweet potatoes to butternut squash and zucchini.

Featuring over 100 imaginative recipes, this comprehensive cookbook appeals to all palates-Paleo, vegetarian, vegan, gluten-free, and anything in between. Get started, with: Plenty of recipes to satisfy cravings with guilt-free dishes and desserts, like Macaroni Cheese and Not-Your-Average Carrot Cake Handy dietary icons plus nutritional information with every recipe Overviews of popular spiralizer brands to find the right one for you Spiralizer tips and tailored recipes to suit all spiralizer brands Whether you're feeding picky kids, raw foodists or the Paleo proud, this is the only spiralizer cookbook...



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