

The Big 10 Paleo Spiralizer Cookbook: 10 Vegetables to Noodle, 100 Healthy Spiralizer Recipes, 300 Variations



Author : Megan Flynn Peterson

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Spiralizing is a fun, delicious way to eat healthier—and *The Big 10 Paleo Spiralizer Cookbook* is the only spiralizer cookbook to combine the variety you want with the ease you need.

From zoodle pastas to robust salads and hearty soups, the spiralizer has opened up a whole new world for those who follow a paleo, gluten-free, or low-carb lifestyle. Yet between recipes that require hard-to-find ingredients and spiralizer cookbooks that are too complicated, knowing what to do with which vegetable can be challenging.

On a personal mission to make it easy and fun to eat more vegetables is paleo aficionada Megan Flynn Peterson. Following the release of her blockbuster debut, *The Big 15 Paleo Cookbook*, Megan turned her attention to one of the most versatile appliances in paleo cuisine—the spiralizer.

With *The Big 10 Paleo Spiralizer Cookbook* Megan shows you that variety and simplicity go hand in hand. By sticking to the 10 best vegetables for spiralizing and including multiple recipe variations, *The Big 10 Paleo Spiralizer Cookbook* is the only spiralizer cookbook to include more than 300 total recipe options.

Inside this spiralizer cookbook you'll find:

100 recipes and 300 variations using the 10 most popular, readily available vegetables with your beloved spiralizing appliance **Helpful photos and per-recipe nutritional information** so you know exactly what your dish should look like and exactly what is in it **Recipe variations for a variety of diets**, including paleo, keto, vegan, raw, gluten-free, and dairy-free Discover how you can get the most out of your groceries, your spiralizer, and your paleo lifestyle with *The Big 10 Spiralizer Cookbook*....

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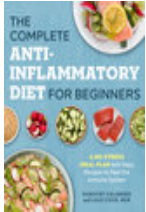
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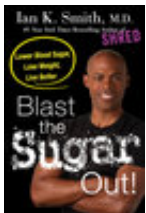
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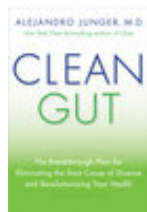
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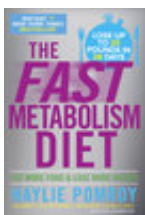
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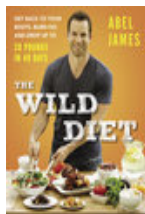
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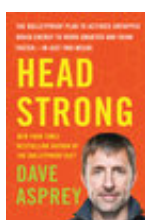
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