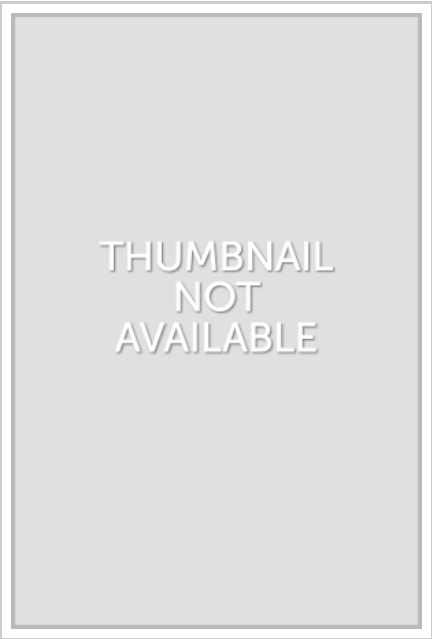


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Spiralizer: Best of the Best Recipes Cookbook: Eating and Living for Health and Energy (Paperback)

By Anna Leary

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This book contains information on spiralizers and recipes you can prepare using it for healthy and energy-filled living.The invention of the spiralizer made preparing veggies quick, simple, and enjoyable, plus a bit different when it comes to dicing and slicing. There is also something very eye-catching about a heap of colorful vegetable twists. Vegetable and fruit noodles could be used to create delicious latkes, uncooked salads, a pasta low in carbohydrates, noodle and rice substitutes, in deep-frying, soups, or hot cakes. You could even cook baked delicacies, like curly fries made from sweet potato, onion loops, or crunchy apple pommes frites. If you, however, have not yet invested in the latest kitchen craze known as the spiralizer, dont worry. You could use a mandolin, julienne, or a basic old veggie peeler, but you would just get bands instead of spaghetti with them.If you have a great deal of time, you could still recreate a similar effect through thinly slicing the veggies using a razor-sharp knife. Thus, if you agree with the Huffington Post that noodles...

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Reviews

Very helpful to all of class of folks. This is certainly for all who statte there had not been a worthy of studying. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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