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THE  
**BIG 10**  
**PALEO**  
**SPIRALIZER**  
**COOKBOOK**

10 Vegetables to Noodle  
100 Healthy Spiralizer Recipes  
300 Variations

**MEGAN FLYNN  
PETERSON**

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Megan Flynn Peterson

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



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With The Big 10 Paleo Spiralizer Cookbook Megan shows you that variety and simplicity go together. From zoodle pastas to robust salads and hearty soups, the spiralizer has exposed a whole new world for those who follow a paleo, gluten-free, or low-carb lifestyle. By sticking with the 10 greatest vegetables for spiralizing and including multiple recipe variations, The Big 10 Paleo Spiralizer Cookbook is the only spiralizer cookbook to add a lot more than 300 total recipe choices. On a personal mission to create it easy and fun to consume more vegetables is paleo aficionada Megan Flynn Peterson. Following discharge of her blockbuster debut, The Big 15 Paleo Cookbook, Megan turned her attention to probably the most versatile devices in paleo cuisine?the spiralizer. Spiralizing is a great, delicious way to eat healthier?and The Big 10 Paleo Spiralizer Cookbook is the only spiralizer cookbook to combine the variety you desire with the relieve you will need. Yet between dishes that require hard-to-find substances and spiralizer cookbooks that are as well complicated, knowing what to do with which vegetable could be challenging. Inside this spiralizer cookbook you'll find: 100 recipes and 300 variations utilizing the 10 most popular, easily available vegetables with your beloved spiralizing appliance. Helpful photos and per-recipe nutritional details which means you know exactly what your dish should appear to be and just what is in it. Recipe variants for a number of diet plans, including paleo, keto, vegan, raw, gluten-free, and dairy-free. Discover how you can get the most out of your groceries, your spiralizer, as well as your paleo life-style with The Big 10 Spiralizer Cookbook.



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This wasn't for me I returned this book. How will you have got meatballs in tomato sauce without something onto which to pour the sauce? Beyond zoodles! .... Five Stars good stuff!. Now I've another delicious n easy way to consume more veggies. More recipes please. I am embarking on an anti-inflammatory diet that is absolutely gluten-free and mostly vegan, so I appreciate a few of the yummy-sounding quality recipes together with the labels in each (paleo' gluten totally free, vegan) and variants thereof. This reserve is the best launch to spiralizing. Who knew it had been a factor? I would suggest it to anyone like me, the earnest beginner. One of my favorite paleo cookbooks The cookbook is a genuine winner. beets; Good Cookbook This is an excellent cookbook which is filled with simple recipes which are an easy task to make. carrots; Love Love it. I've liked the recipes i have attempted. I dropped it one star because i'd have liked more photos. Very happy with this purchase! It's a great cookbook to have readily available. Basic I bought several books to go with my spiralizer and this is my favorite. Personally, i dislike cookbooks without pictures I personally dislike cookbooks without images. No information that could not really be found just by using google. Came back that... cucumbers; Basic, each day ingredients, an easy task to tweak structured on your diet of choice. Great Book extremely good book to get a large amount of Spiralizer recipe for an excellent and healthy meal and getting the veggie bullet is an advantage because it does everything to help you make the meal you like. to opt for my spiralizer and this is my favorite. Precisely what I wanted, to replace my go to recipes with non-pasta choices. Well organized instructions, even fresh cook could follow this. Well done.. Lots of healthy quality recipes to justify the spiralizer you bought Like a great many other people, when we went paleo in the past we missed pasta. That wasn't so much for the taste, per se, but as a conveyance for items with delicious sauces and gravies. It seemed like the same recipe again and again with a slight variation--no images showing the completed recipe. Because of this, we got onto the "spiralizer" bandwagon, primarily because it made it so easy to generate zucchini noodles. Fun recipes I love this book. Luckily for those of us who are lazy, it's also become common for health-food stores to add pre-spiralized vegetables in the same produce department section because the pre-chopped onions and cut-up fruit. ...Nonetheless it leaves you to wonder: Okay, what am I supposed to do with these veggies? And the Big 10 Spiralizer Cookbook has plenty of good answers. It can help you ask the proper questions, too. To begin with, the author offers a lot of information about how to make use of your gizmo-of-choice, such as when to make use of each one of the blades your spiralizer (probably) includes. Chapters are specialized in 10 primary substances: zucchini and summer months squash; It could just be improved with more photos but the quality recipes are inspiring and properly varied. Good book for anybody new to spiralizing This is a good book, particularly if you are not used to spiralizing. butternut squash; sweet potatoes; broccoli (like the stems! We even acquired an electric edition, because those gizmos are awfully fiddly to make use of. The dishes look fun and prepare plenty quicker than conventionally cut veggies. Yummo!overall a uninteresting, not useful cookbook in my opinion. This publication gave me great tips for lunch at the job too . great recipes. It is very helpful. Good recipes. Good recipes. Great to have if you spiral veggies This is really useful Five Stars good recipes!. Thanks.



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