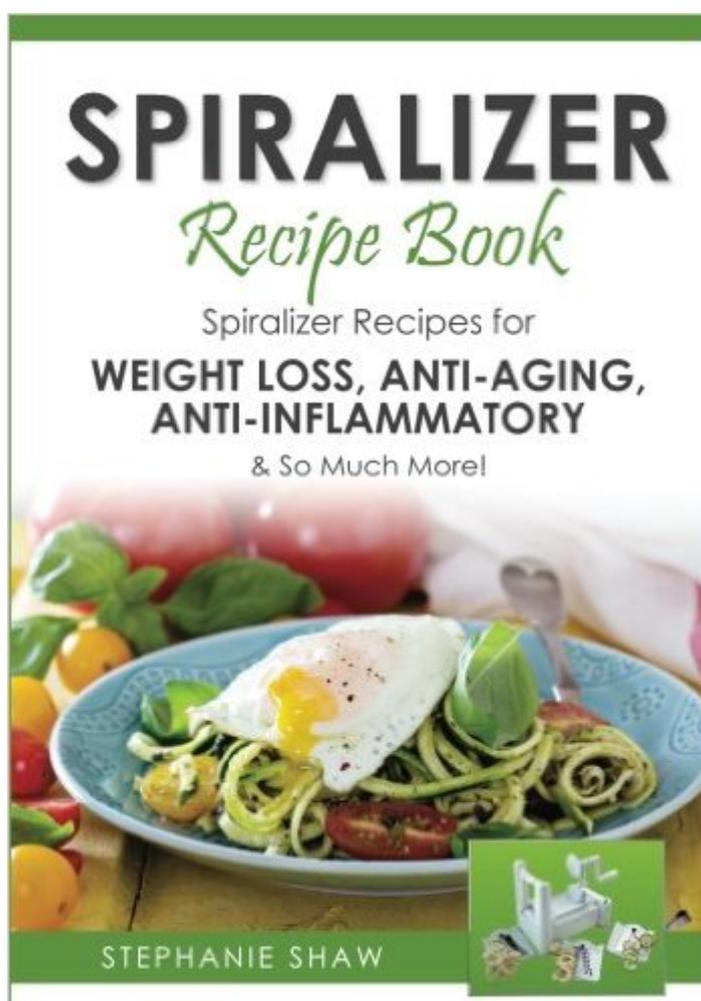


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Spiralizer Recipe Book: Spiralizer Recipes For Weight Loss, Anti-Aging, Anti-Inflammatory & So Much More! (Recipes For A Healthy Life) (Volume 2)



Synopsis

Chandler: #1 Hall of Fame, Top 50 Reviewer • Really good recipes with great flavor • niki j turner, UK Top 50 Reviewer • Healthy Options with nutritional breakdown for each meal • Imagine serving your family and friends the kind of food that has them begging for seconds before you can even sit down! But you know how difficult it can be to put healthy, wholesome food on the table night after night. That's why you bought a Spiralizer. To help you easily create delicious meals and encourage a healthy lifestyle in your household. Make the most of this powerful new tool by equipping yourself with a few easy-to-follow recipes. In my long-awaited second book, I walk you through 60 detailed, easy-to-follow recipes for promoting a healthy lifestyle for you and your family. You'll quickly discover how easy it is to add new, inspired twists to your existing recipes. You'll also learn how to properly select vegetables and use them with your Spiralizer to create meals that are as beautiful as they are delicious. Included in my book are 60 delicious recipes to help you prepare healthy food your family will love. Including: Specially-designed Spiralized recipes that children love! Quick, easy Spiralized salad recipes for radiant skin. Tasty recipe ideas to promote healthy weight loss. The recipes are gluten-free and anti-inflammatory. Heart-healthy recipes with Spiralized vegetables. Delicious salad recipes with anti-aging properties. Each recipe comes bundled with a full ingredients list, step-by-step instructions, and detailed nutritional information. You'll also find information about the specific health benefits of each ingredient, including how they can help you fight disease and ward off aging. Whether you've just embarked on a new gluten-free diet, or if you're already a veteran paleo chef, use the recipes in my book to encourage healthier eating in your family. It's easy to add vegetables to any meal with a Spiralizer, once you know how.

Book Information

Series: Recipes for a Healthy Life

Paperback: 92 pages

Publisher: CreateSpace Independent Publishing Platform (July 20, 2015)

Language: English

ISBN-10: 1515149137

ISBN-13: 978-1515149132

Product Dimensions: 7 x 0.2 x 10 inches

Shipping Weight: 8.3 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars • See all reviews (32 customer reviews)

Best Sellers Rank: #28,382 in Books (See Top 100 in Books) #44 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Vegetables

Customer Reviews

A great book to give you ideas of how to use the spiralizer which is a tool allowing you to use zucchini in place of pasta--but there are some issues that make it obvious it is self-published that, if corrected, would easily land this 5 stars. There are some minor glitches like calling eggplant "Egg Plant" which don't affect the recipe, or the fact that recipes carry over from half of one page to half of another making them harder to follow, or not listing pan sizes. The photos are stock photos of people rather than of the recipes and in black and white. The only thing that bothers me about that is that it can mean the recipes were gathered but not tested. Otherwise why is there a stock photo of a woman next to the salad recipes rather than a photo of at least one of the salads? These are minor but just part of going it on your own rather than through a publisher. What is important, of course, is that there are loads of recipes and so far they've all worked well for me and been tasty. Sure, some things I have to gauge on my own like pan sizes and plating and such...and in some cases even worse--the vegan alfredo sauce, for example, tells you to blend all the ingredients but forgets to tell you to cook it, how to cook it or for how long...and it tells you to top the fettuccini with "generous amounts of sauce" rather than using measurements---and that can be troublesome. Which is why I removed a star. But if you do cook and can work through a few things on your own, I find the recipes inventive, with good flavor, and unique. I am always finding new things. Just don't serve the alfredo sauce uncooked! Cookbook provided by the author

I love to try new foods, so when I saw the spiralizer, I was excited about trying one. The only thing is, when you get a new kitchen gadget, you need a recipe book to go with it. This book is the perfect choice for me, and I think most people will enjoy it also. First of all, the book has recipes for weight loss, anti-aging, anti-inflammatory, radiant skin and heart health. This is a very complete cookbook with a section on the benefits of using spiralized fruits and vegetables. One benefit that should grab the attention of parents is the obvious: it's fun for children to help with the cooking process and it's a good way to get them to try things. There is also information about the benefits of the fruits and vegetables chosen. and to top it off, it contains nutritional information for each recipe. I don't know about you, but I am very disappointed when I buy a new cookbook and there isn't a single calorie count listed. Because I want to know what is in a cookbook, I'm sharing a few of the 60 recipes with you: zucchini pasta with Italian seasoning; zucchini with peanut sauce; cucumber

wraps; vegetable soup; tangy mixed vegetable salad; vegan alfredo pasta; butternut squash pasta; simply sweet potato; celeriac and chickpea soup; sweet potato with brussels sprouts; zucchini and apple salad; cucumber mint salad; carrots in mustard slaw; wheat-free lasagna; spiralized egg plant; and rutabaga bolognese. This book does not have color photos of each food. Inside the book are some black and white pictures, but not of the recipes; however, I believe this fact-filled, 60 recipe book would still lead the pack in the array of new books to go along with the latest spiralizing craze. I definitely recommend getting a copy. This recipe book is a much better than many of the more expensive book I have seen.

For those who are eating Paleo or gluten free or if you are someone who just loves new and exciting ways of preparing vegetables, this IS the book for you! Stephanie Shaw has written and published a true gem with Spiralizer recipe book, spiralizer recipes for weight loss, anti-aging, anti-inflammatory and so much more! The recipes are easy to follow and of those I have been able to try thus far, are delicious. I suggest the Butternut Squash Pasta and the Sweet Potato with Green Curry which uses two of my favorite flavors; curry and coconut. She has even created a Vegan Alfredo Pasta that uses zucchini as the "pasta", YUM! Using the spiralizer is easy and allows you to create wonderful meals that everyone can enjoy. Make sure you get yourself a copy and be sure to gift one to someone who likes to eat! * I did receive a copy of this book for an honest review *

Because I had expressed my interest, I was sent this book by the author so I could give my opinion. I'm so glad I had the opportunity to check it out because it has a lot of wonderful recipes for using my new Spiralizer. This is my second Spiralizer recipe book. What delineates this book is the categorization of recipes to address various health concerns such as Anti-Inflammation, Heart Health, Anti-Aging, Radiant Skin and Weight Loss and also a section of recipes that children would love. Each recipe includes counts for Calories, Carbohydrates, Protein, Fat, Sodium & Fiber. Another thing I like about the recipes is that they have manageable numbers of ingredients and don't require lots of steps. There are some really lovely combinations of ingredients that really appeal to me. While trying to eat healthy, I don't want to give up flavor! I'm very glad to have this book and highly recommend it!

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