



Spiral Slicer Vegetable Recipes (Spiral Vegetable Series): For Yummy and Easy Paleo, Gluten Free and Weight Loss Diets

Sarah Sparrow

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Spiral slicers have made a big impact on the way raw food enthusiasts, vegans, vegetarians, and health conscious cooks make their meals. If you wanted pasta, noodles, or thin slices, you once had to use an old-fashioned and sometimes dangerous mandolin; or have expert skills to make those tiny slices yourself with an extra-sharp kitchen knife. And those kitchen tools still never made the grade if you wanted perfectly strong and tender noodles without the carbs, wheat, gluten or cooking.

But now, with a spiral slicer and "Spiral Slicer Vegetable Recipes:For Yummy and Easy Paleo, Gluten Free and Weight Loss Diets", you can take zucchinis, cucumbers and other root veggies and make delicious noodle, pasta and salad dishes all in a snap. Using a spiral slicer is easy and convenient. It keeps your calories down, your carbs low, and your nutrients high. Make losing weight and gaining health as easy as slice, mix, eat. That's it!

Some of the healthy and delicious recipes inside are:

Zucchini Noodle Tuna Salad
Raw Broccoli Pesto Noodles
Walnut Pesto Noodle Salad
Raw Curry Noodles 2 Ways
Raw Daikon Mei Fun
Raw Pad Thai
Yellow Coconut Curry Noodles
Raw Tomato Tapenade Over Cucumber Pasta
Pasta Rustica
Garlic Sesame Salad

Get a copy now and spiral slice to your heart's desire and make magic when you make your healthy meals!

Author Note: This is a special spiral slicer recipes book for those who just start on their spiralizer journey.

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Leslie Bergeron:

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The book untitled Spiral Slicer Vegetable Recipes (Spiral Vegetable Series): For Yummy and Easy Paleo, Gluten Free and Weight Loss Diets contain a lot of information on the item. The writer explains her idea with easy method. The language is very simple to implement all the people, so do not necessarily worry, you can easy to read the idea. The book was compiled by famous author. The author provides you in the new age of literary works. It is possible to read this book because you can continue reading your smart phone, or gadget, so you can read the book inside anywhere and anytime. If you want to buy the e-book, you can start their official web-site as well as order it. Have a nice examine.

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