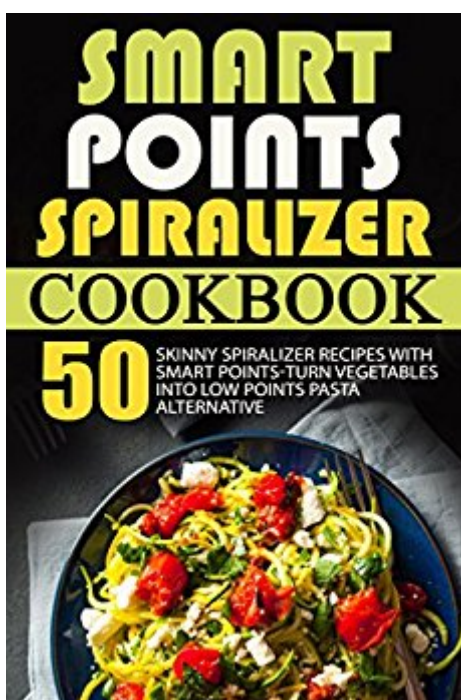


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Smart Points Spiralizer Cookbook: 50 Skinny Spiralizer Recipes With Smart Points-Turn Vegetables Into Low Points Pasta Alternative



Synopsis

50 Skinny Spiralizer Recipes With Smart Points-Turn Vegetables Into Low Points Pasta

AlternativeWe've all embraced spiralizing as a simple way to transform raw veg into spaghetti spirals and make food prep fun. But there's so much more to it than slinky salads and lower-carb spaghetti - think delicious desserts, tasty twisty treats and even comforting casseroles. We've got lots of ideas to help you get inspiralized!This very old technique of turning vegetables into ribbons and strands means that plenty of traditional pasta and noodle dishes can be reinvented in new and exciting ways. Not only is spiralizing quick and easy but we're enjoying more vegetables than ever before.Download your copy today!Ready, steady, spiralize

Book Information

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