



Spiralizer Cookbook: Amazing, Quick and Easy Spiralizer Recipes for Healthy Eati (Paperback)

By Lisa Wilson

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Fruits and vegetables contain a huge amount of vitamins and minerals that can improve the overall health, the work of all the body s physiological systems and protect against the most serious diseases. Therefore, they must become an integral part of the daily diet of any person. They play an important role in diets for weight loss and healthy diet in general. If preparation of appetizing and healthy food makes you wondering every time what to make for breakfast or dinner or takes up too much of your already limited time, then this new cooking gadget will set your mind at peace. With the arrival of spiralizer, the difficulties remain in the past. Now dishes with a high content of vitamins and minerals, fresh vegetables and fruits have become more accessible for adults and children. Spiralizer allows one to quickly and easily transform fruits and vegetables into amazing spirals and noodles that can be used in many dishes, from soups, main and side dishes to mouthwatering desserts. This is a real find for lovers of vegetables and beautiful dishes. Spiralizer will...

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