

Spiralizer Cookbook

***Mouth-Watering and Nutritious Low Carb +
Paleo + Gluten-Free Spiralizer Recipes for
Health, Vitality, and Fast Weight Loss***

By Kira Novac (ISBN-10: 1517673089)

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A physician has not written the information in this book. Before making any serious dietary changes, I advise you to consult with your physician first.

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Introduction-Revolutionize Your Health

Zoodler or spiralizer is another name known for the Spiral Vegetable Slicer. This amazing kitchen instrument lets you peel/ shred numerous and different vegetables to spiral form and can help you revolutionize your health!

This ground-breaking device will slice your normal vegetable into noodle-like shapes. Rather than cutting classic carrot sticks, boring cucumber half-circles, or dull zucchini slices to put on the top of your gloomy looking salads, with this contraption, you will be dining on huge streamers of vegetable pleasure.

Whether you are already a big fan of vegetables, trying a healthier diet, or just want to try something new, your chance to transform your unhealthy meals into healthy, delicious, more colorful, and appealing dishes is definitely available to you.

The vegetable slicer tool is simple to use. Just wash and peel your vegetables. At medium speed, start spinning the handle. The vegetable will then start spiraling down into noodle form.

The Spiral Vegetable Slicer may also come with three different plastic vegetable slicer blades, and each blade produces different vegetable cuts.

The spiral vegetable slicer tool can transform nearly any kind of vegetable into an outstanding noodle shape. As a result, the preparation of your vegetables becomes shorter and easier.

The spiralizer brand I recommend is Yanu (you can get their spiralizer from [Amazon.com](https://www.amazon.com) or from [YanuKitchen.com](https://www.YanuKitchen.com)). They have excellent customer service, and as an added bonus, they will send you 8 free recipe eBooks with your spiralizer.

Health benefits of eating spiralized vegetables.

Eating spiralized food can help prevent heart attacks and heart diseases. Food rich in high sodium (Standard American Diet is full of processed foods...so SAD!) increases your blood pressure, so it's good to replace them with vegetables, which will make your body healthy and fit. Eating more nutrient-dense vegetables, rich in minerals and vitamins, while eliminating processed food (full of sugar, processed carbs, calories and chemicals), at the same time, helps in weight loss.

Spiralized food also helps in detoxing your body. Most spiralized vegetables, such as Zucchini, have plenty of water and help you stay hydrated and healthy. Most vegetables are full of fiber, and it's easier to digest them when you eat them in spiralized and slightly cooked form.

Veggies help stimulate your metabolism. You feel more energized! With a faster metabolism, your body performs efficiently to release the energy needed to get going. Metabolism improves absorption of nutrients, blood circulation, and digestion.

Spiralized vegetables are good for everyone! They can be of most help to those who have autoimmune diseases. It is because they are gluten free, natural, rich in nutrients, and Paleo diet friendly.

Vegetable slicers are very useful for those people who love cooking or want to cook in a healthier and more decorative style with convenience. Throughout the years, the number of vegetable slicers available on the market has continued to grow. It's mostly due to fact that there are more and more people who see the importance of having them in the kitchen and more and more people who want to eat a healthy diet.

Cooking can take a lot of time, and if you're a fan of vegetables, having a vegetable slicer may change your good kitchen experience into a great kitchen experience. Cutting vegetables can be a time consuming job, and you should have an appliance that will help make the preparation process a whole lot easier for you.

Regardless of which recipe you choose, do not be afraid to be creative and add or take away things, according to taste. Take what you like and reject the rest.