

Vegan Gluten-Free Spiralizer Cookbook

***Plant-Based & Clean Eating Dairy Free
Recipes to Reduce Gluten Intolerance
Symptoms***

By Kira Novac (ISBN-10:1532795039)

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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.

Free Complimentary Recipe eBook

Thank you so much for taking an interest in my work!

As a thank you, I would love to offer you a free complimentary recipe eBook to help you achieve vibrant health. It will teach you how to prepare amazingly tasty and healthy gluten-free treats so that you never feel deprived or bored again!

As a special bonus, you will be able to receive all my future books (kindle format) for free or only \$0.99.

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About This Book

The Spiralizer is a revolutionary device that is a great addition to any healthy kitchen. This nifty gadget, with its different settings that form your fruits and vegetables into a variety of different shapes and sizes, allows you to create healthy, filling and very tasty meals that are guaranteed to be nutritious and just plain good for you. More and more society is looking at healthier ways of living and eating. The vegan and gluten-free approach to your diet has many benefits to both those who chose a completely vegan way of life and those who are looking to base their overall diets on sound nutrition.

Everyone loves a comforting bowl of pasta or a curry with rice, but the high gluten content of such grains often leaves one feeling heavy and bloated, not to mention they are high in calories that will only be necessary if you are about to enter a triathlon. Furthermore, with the increased global population, many farming methods have had to become ones that focus on quantity of crops as opposed to quality, thus resulting in many people having compromised immune systems and a rise in food allergies and many types of cancer.

A vegan, gluten-free approach to your diet can help you control this, and the Spiralizer device makes it even easier. By including organically grown fresh vegetables, fruits, beans and pulses, seeds,

herbs, healthy fats and some super foods, the recipes in this book will give you all the inspiration you need, and since they are so easy to prepare, there's no excuse to start Spiralizing today.

The Spiralizer device is available in most home and kitchen supply stores, and can also be bought online. Almost any vegetable or fruit can be Spiralized, so the variety is endless!

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.

This book is divided into three sections to give you an abundance of Spiralized meal options. We begin with hearty hot meals that are light yet comforting, and then go onto raw salads that are perfect for light lunches and those warm summer evenings, and finish off with light and delicious fruit based desserts.

Introduction

When you switch to the vegan diet, you may be worried about whether or not you will still be able to eat your favorite foods. While you might have to make some big changes to your diet, there are plenty of vegan alternatives out there for traditional foods. You can still enjoy things like raw salads, noodles, stews, and entrees – even decadent desserts! The vegan diet is an excellent choice if you are looking for a way to improve your health and vitality and, with the recipes included in this book, you won't feel like you are making a sacrifice.

Another diet that has recently skyrocketed in popularity is the gluten-free diet. While many people are forced to switch to this diet out of medical necessity resulting from gluten allergies or intolerance, some people are making the switch simply because they think it is a healthy alternative to the modern Western diet. The truth of the matter is that the gluten-free diet is not a magical solution for weight loss or health problems, but you can use it as a tool to achieve your health and wellness goals. The gluten-free diet can even be combined with the vegan diet, if you like!