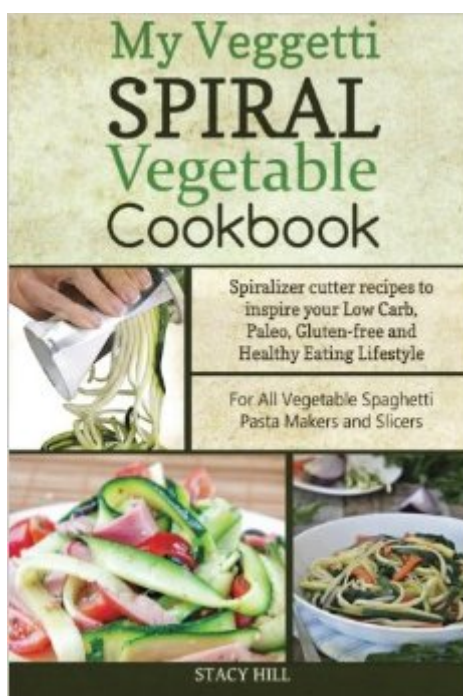


The book was found

My Veggetti Spiral Vegetable Cookbook: Spiralizer Cutter Recipes To Inspire Your Low Carb, Paleo, Gluten-free And Healthy Eating Lifestyle-For All Vegetable Spaghetti Pasta Makers And Slicers



Synopsis

Get easy and interesting recipes for your Veggetti spiralizer! My Veggetti Spiral Vegetable Cookbook serves up delicious and healthy vegetable spiralizer recipes that you and your family will love. With this book youâ€™ll be able to enjoy delicious vegetable pasta, whether you're eating low carb, gluten-free, Paleo, dairy-free or just want to make delectable dishes with your Veggetti pasta maker. Additionally, you can expect fresh Veggetti recipe ideas that are full of vibrant flavors and colorsâ€”bringing both simplicity and creativity to every veggie pasta meal.

Book Information

Paperback: 130 pages

Publisher: CreateSpace Independent Publishing Platform (December 8, 2014)

Language: English

ISBN-10: 1505440084

ISBN-13: 978-1505440089

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 9 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 starsÂ Â See all reviewsÂ (49 customer reviews)

Best Sellers Rank: #26,882 in Books (See Top 100 in Books) #30 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Gluten Free #49 inÂ Books > Cookbooks, Food & Wine > Cooking by Ingredient > Vegetables #54 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Paleo

Customer Reviews

A really great assortment of recipes for the spiralizer that have been really useful for me. Easy to grasp and i have and my friends agree as well on how tasty they are. Really appreciate this resource, it was joy to use and well explained, i will keep using it in the future, i love it :))

Gave a lot of good healthy ideas for making vegetable pasta. I didn't want the extra carbs and this is one way to cutback and still have food that taste good. The sause covers up the taste of the vegetables.

great ways to eat healthy-easy and fun to make....

This clever tool is wonderful! The spaghetti squash is easy to make and it even seems to give

squash a different flavor and texture. The little recipe book that comes with it is useful too. It has several good recipes that offer a break from the traditional ways we cook squash.

Great and easy recipes that are easy to follow.

I've been trying to adopt a healthier lifestyle and came across this book in my search for low-carb recipes. To be honest, many of the veggie cookbooks I tried before Stacy Hill's 'My Veggetti Spiral Vegetable Cookbook' were bland and not really fun to eat. I'm glad I didn't give up on my search for tastier recipes because it led me to this cookbook! The recipes are easy to follow and best of all, they are utterly delicious! The cheesy avocado carrot omelet is perfect for starting your day and the grilled chicken zoodle is highly recommended for lunch or dinner! All in all, I loved the couple of recipes I've tried so far and I look forward to trying out the rest.

I don't own a Veggetti, but got this spiralizer book as a gift with the Premium Spiralizer. Works well and I am happy with the gift :-) It has some easy, but interesting recipes that I tried and loved.

I didn't find any special recipes in here. I thought it would make me want to use this piece of equipment more often. Not really. I am not vegetarian or a low carb person so maybe the vegetable options for pasta just didn't seem worth the effort. I would think it would be a great piece of equipment if you are avoiding carbs. ???

[Download to continue reading...](#)

My Veggetti Spiral Vegetable Cookbook: Spiralizer Cutter Recipes to Inspire Your Low Carb, Paleo, Gluten-free and Healthy Eating Lifestyle-For All Vegetable Spaghetti Pasta Makers and Slicers
Spiralizer Recipes: 97 The Best Spiralizer Recipes From Classic Pasta Dishes, To Salads, Noodle Soups, Fries, Breakfast Noodles-Crush Your Pasta Cravings ... Book, Spiralizer, Spiralizer Cookbook) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low Carb Diet - Top 200 Low Carb Recipes Cookbook: (Low Carb, Budget Cookbook, Low Carb Diet, Low Carb Recipes, Atkins Diet, Low Carb Slow Cooker Recipes, Low Carb Living) Low carb cookbook: 35 delicious snack recipes for weight loss. Low carb cooking, low carb diet, low carbohydrate, low carb recipes, low carb, low carb ... low carb cooking, weight loss Book 1) Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For

Beginner, Paleo Recipes) Low Carb BOX SET 4 IN 1: 100 Best Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... low carb lunches, low carb dinners,) Low Carb BOX SET 7 IN 1: 165 Amazing Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb Diet Book Collection: 90 Amazing Recipes - Low Carb Casseroles, Low Carb Soups, Low Carb Fat Bombs and Low Carb Ice Cream: (Fat Bomb Recipes, ... healthy eating recipes, ketogenic desserts) The Gluten-Free Vegetable Spiralizer Cookbook: 101 Gluten-Free Recipes That Turn Vegetables Into Deliciously Satisfying Meals Using Paderno, Veggetti, ... & Brieftons Spiralizers! (Spiralizers 101) TOP 500 Pizza & Pasta Recipes Cookbook (Vegetarian, Low-Carb, Vegan, Raw, Paleo, Farfalle (Bow Ties), Tagliatelle, Lasagna, Spaghetti, Stuffed Pasta, Simple Ingredients) Low Carb: Low Carb Diet For Beginners. How To Lose 10 Pounds in 10 Days: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... diet for dummies, low carb high fat diet,) Low Carb High Fat Cookbook: Bacon, Butter & Coconut Oil-101 Healthy & Delicious Low Carb, High Fat Recipes Perfect For the Paleo Diet, Atkins Diet, Low ... Paleo Cookbook, Gluten Free Cookbook) Paleo: Paleo Diet for beginners: TOP 100 Paleo Recipes for Weight Loss & Healthy Recipes for Paleo Snacks, Paleo Lunches, Paleo Desserts, Paleo Breakfast, ... Healthy Books, Paleo Slow Cooker Book 9) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Low Carb Ice Cream: 21 Great Low Carb Sugar Free Ice Cream Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... Ketogenic Diet to Overcome Belly Fat) Low Carb Freezer Meals: 26 Make-Ahead Low Carb Freezer Meals: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Casseroles: 21 Super Satisfying Low Carb Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Gluten Free: Gluten-Free Baking Cookbook: Delicious and Healthy, 100% Gluten-Free Cake & Bake Recipes You Will Love (Gluten Free Diet Cookbook, Gluten Intolerance Book 2) Paleo Diet: Paleo Slow Cooker COMBO 2 IN 1 SET - Paleo Diet for Beginners, Paleo Slow Cooker Cookbook, Paleo Diet Recipes and Paleo Slow Cooker Recipes, ... (Paleo Diet Paleo Slow Cooker COMBO SET 1)