

## Inspiralized Inspiring Recipes To Make With Your Spiralizer

The kitchen gadget that turns vegetables and fruits into imaginative, healthy dishes with this definitive spiralizer cookbook. Whether you're low-carb, gluten-free, Paleo, or raw, you don't have to give up the foods you love. Inspiralized shows you how to transform vegetables and fruits into delicious meals that look and taste just like your favourite indulgent originals. Courgette turns into creamy clam linguine, turnip into pesto spaghetti, sweet potato becomes fried rice or a pizza base, and cauliflower makes great Tabouleh. There are recipes for breakfast, snacks, sandwiches, soups, salads, casseroles, rices, pastas, and even desserts. Everything is easy to follow, fresh and flavour packed and includes nutritional breakdowns. Many of the recipes can be customised to use whatever vegetables you have to hand and whatever your personal goal may be - losing weight, following a healthier lifestyle, or simply making easy meals at home. This book covers every vegetable you can possibly spiralize, and offers advice for spiralizing whether you're feeding just yourself, your family, or even a crowd. So bring on a hearty appetite and a sense of adventure-you're ready to make the most of this secret weapon for healthy cooking.

[Copyright: 7f3883980c2c891c7e63deb67c1cd6e8](#)