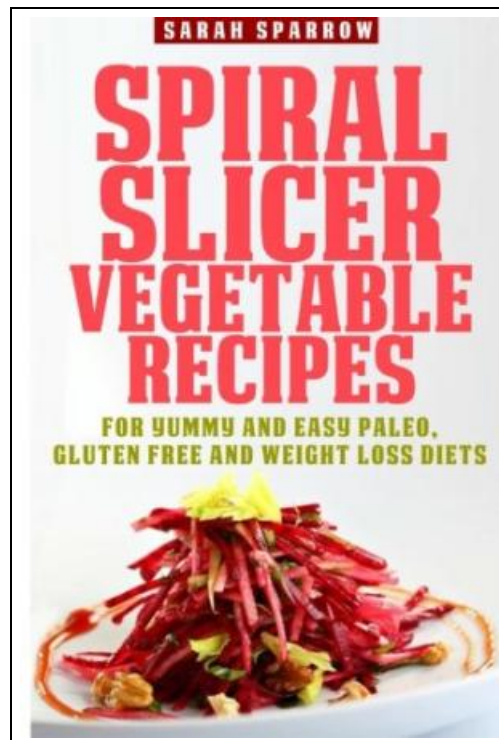


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Reviews

This is actually the best book i actually have go through right up until now. It generally will not price an excessive amount of. I discovered this book from my dad and i suggested this book to understand.
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Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Spiral slicers have made a big impact on the way raw food enthusiasts, vegans, vegetarians, and health conscious cooks make their meals. If you wanted pasta, noodles, or thin slices, you once had to use an old-fashioned and sometimes dangerous mandolin; or have expert skills to make those tiny slices yourself with a an extra-sharp kitchen knife. And those kitchen tools still never made the grade if you wanted perfectly strong and tender noodles without the carbs, wheat, gluten or cooking. But now, with a spiral slicer and **Spiral Slicer Vegetable Recipes: For Yummy and Easy Paleo, Gluten Free and Weight Loss Diets**, you can take zucchinis, cucumbers and other root veggies and make delicious noodle, pasta and salad dishes all in a snap. Using a spiral slicer is easy and convenient. It keeps your calories down, your carbs low, and your nutrients high. Make losing weight and gaining health as easy as slice, mix, eat. That s it! Some of the healthy and delicious recipes inside are: Zucchini Noodle Tuna Salad Raw Broccoli Pesto Noodles Walnut Pesto Noodle Salad Raw Curry Noodles 2 Ways Raw Daikon Mei Fun Raw Pad Thai Yellow Coconut Curry Noodles Raw Tomato Tapenade Over Cucumber Pasta Pasta Rustica Garlic Sesame Salad Get a copy now and spiral slice to your heart s desire and make magic when you make your healthy meals!.



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