

## Inspiralize and Beyond: Spiralize, Chop, Rice, and Mash Your Vegetables into Creative, Craveable Meals (Paperback)



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### **Reviews**

*Comprehensive guide for pdf fanatics. Sure, it really is play, nevertheless an interesting and amazing literature. I discovered this publication from my dad and i suggested this ebook to learn.*

*(Ms. Isobel Rosenbaum I)*

## INSPIRALIZE AND BEYOND: SPIRALIZE, CHOP, RICE, AND MASH YOUR VEGETABLES INTO CREATIVE, CRAVEABLE MEALS (PAPERBACK)

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Random House USA Inc, United States, 2018. Paperback. Condition: New. Language: English . Brand New Book. Spiralizing isn't just about noodles anymore, so blogger Ali Maffucci satisfies paleo, vegan, vegetarian, and gluten-free diets with 125 healthy recipes for vegetarians and meat-eaters. Now, for the very first time, she is going beyond expectations--and beyond spiralizing. In this book she shows you a myriad of additional ways to add nutrients to your diet, reach a personal health goal, or just make good-for-you meals at home. Sweet potato slabs replace toast, cauliflower becomes pizza crust, broccoli turns into tots, avocado gets mounded, jackfruit mimics pulled meat--and that's just the beginning. Among the brand-new recipes, you'll find Rainbow Lasagna, Apple French Toast, and Cauliflower Steaks with Chimichurri. Rest assured, Ali still offers up some favorite spiralized dishes, too. Get ready to get your veggies on.

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