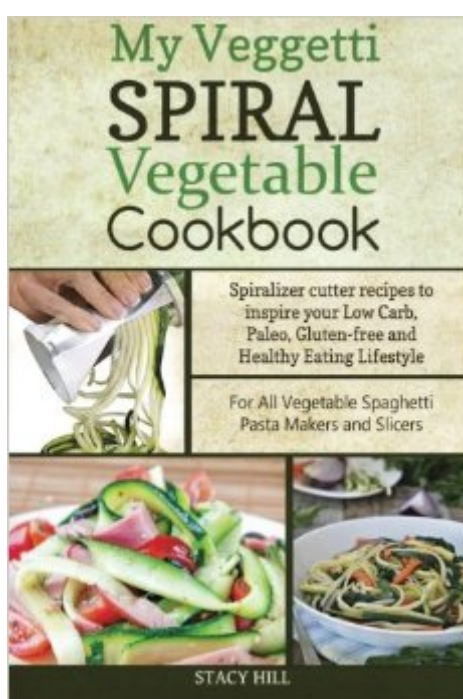


The book was found

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 you'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 colors—bringing both simplicity and creativity to every veggie pasta meal.

Book Information

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Average Customer Review: 4.1 out of 5 stars [See all reviews](#) (49 customer reviews)

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

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