



# The Spiralizer Cookbook: Spiralizer Recipes for gluten-free, dairy-free, vegan and paleo diets

*Jacqueline Whitehart*

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# The Spiralizer Cookbook: Spiralizer Recipes for gluten-free, dairy-free, vegan and paleo diets

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## **The Spiralizer Cookbook: Spiralizer Recipes for gluten-free, dairy-free, vegan and paleo diets**

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**How to make perfect Zoodles with your spiralizer** If you haven't tried Zucchini pasta you're in for a treat. Zucchini pasta can be made and served in less time than it takes to make conventional pasta. All you need is a spiralizer or even just a vegetable peeler. You can turn the humble zucchini into the perfect healthy meal in minutes. Learn how to make the perfect courgette spaghetti Discover what other vegetables to spiralize Get help finding the best spiralizer for you Over 80 recipes including spaghetti, noodles and cucumber noodle salads. Try recipes such as Italian Beef and Tomato, Honeyed Chicken Spaghetti and Spicy Pork Chilli Noodles. Whether you are vegan, gluten-free, dairy-free or even following the paleo principles this cookbook is perfect for you! Jacqueline Whitehart is a best-selling health and diet writer. Jacqueline's recipes are always healthy and fresh with simple ingredients.

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