



Spiralize!: Transform Fruits and Vegetables from Ordinary to Extraordinary

By Beverly Lynn Bennett

Book Publishing Company, Canada, 2015. Paperback. Book Condition: New. 216 x 165 mm. Language: English . Brand New Book. Spiralizers are one of the most exciting kitchen gadgets to hit the culinary world. Taking a fraction of the time that it normally takes to cut everything by hand, spiralizing fruits and vegetables makes it easier for home cooks to incorporate nutritious fresh produce into their daily diets. Creating pasta and rice dishes made solely from spiralized vegetables is especially appealing to people who are following a gluten-free, low-carb, paleo, or raw food diet attempting to maintain or lose weight trying to entice children to eat more nourishing foods. Whether used for garnishes, salads, or main dishes, spiralized foods add excitement and fun to everyday meals. Beverly Lynn Bennett demonstrates the versatility of various types of spiralizers and how to use them in this diverse collection of recipes for both cooked and raw dishes.



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