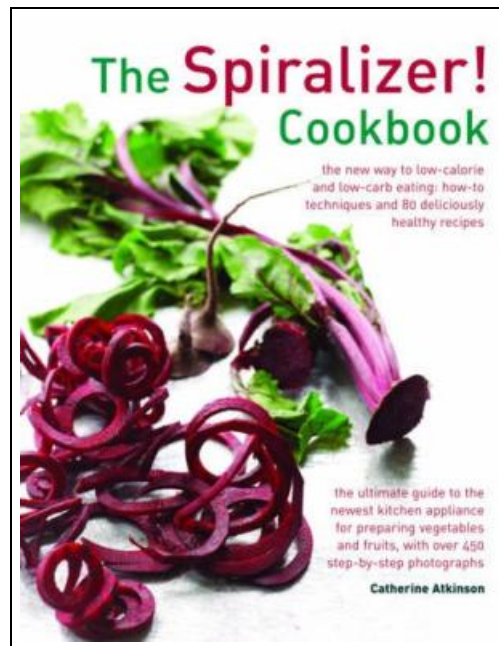


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## THE SPIRALIZER! COOKBOOK: THE NEW WAY TO LOW-CALORIE AND LOW-CARB EATING : HOW-TO TECHNIQUES AND 75 DELICIOUSLY HEALTHY RECIPES



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Anness Publishing. Hardback. Book Condition: new. BRAND NEW, The Spiralizer! Cookbook: The New Way to Low-Calorie and Low-Carb Eating : How-to Techniques and 75 Deliciously Healthy Recipes, Catherine Atkinson, The spiralizer is the newest tool in healthy eating - creating tasty low-carb, low-calorie noodles, ribbons and 'rice' from everyday fruits and vegetables, all with the feel-full factor of real pasta. There's never been an easier way to eat your five a day, and more. If you are trying to diet, the spiralizer will be a revelation - a standard portion of spaghetti bolognese contains around 270calories, compared to just 50 calories for a massive bowlful of courgetti! The many tempting recipes include soups, salads, all kinds of pasta, rosti, risotto, 'pizza', curries, stir-fries, frittata, tempura, tarts and even desserts, cakes, breads, crackers and muffins.



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