

Spiralize!: 40 Nutritious Recipes to Transform the Way You Eat



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(Miss Naomie Kohler PhD)

SPIRALIZE!: 40 NUTRITIOUS RECIPES TO TRANSFORM THE WAY YOU EAT

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Pavilion Books. Hardback. Book Condition: new. BRAND NEW, Spiralize!: 40 Nutritious Recipes to Transform the Way You Eat, Stephanie Jeffs, This book is the ultimate beginners guide to spiralizing; featuring over 40 quick and easy recipes for super-healthy, flavour-packed spiralized meals. A brief introduction to spiralizing explains all of the health benefits and features a step-by-step guide to transforming your veg with a few cranks of a spiralizer's handle. Having a healthy relationship with food should never mean denying ourselves enjoyment from the meals that we eat but making small changes to our diet and incorporating more of the food that truly nourishes our bodies is something that can be easily achieved with the help of one simple tool: a spiralizer. Giving you all of the tools that you need to transform your diet, this is a must-have book for anyone looking to make small, positive changes towards living a healthier, happier life.

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