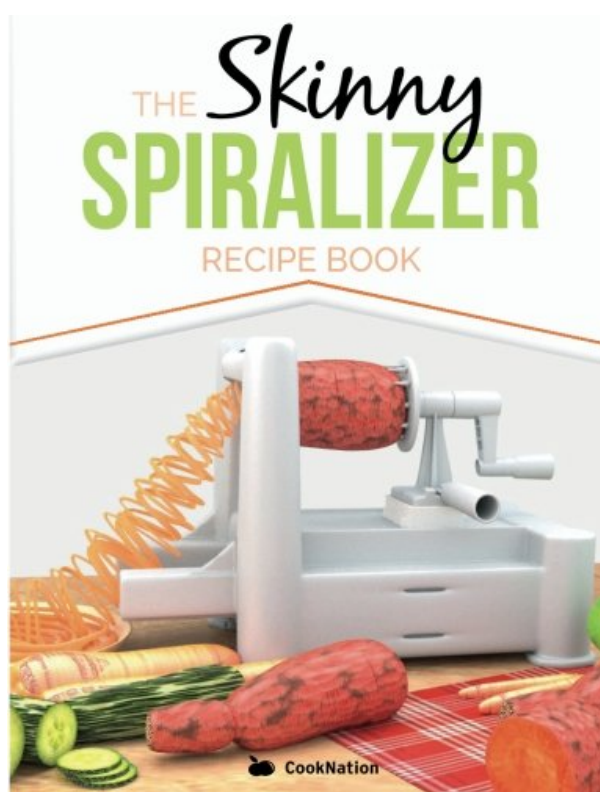
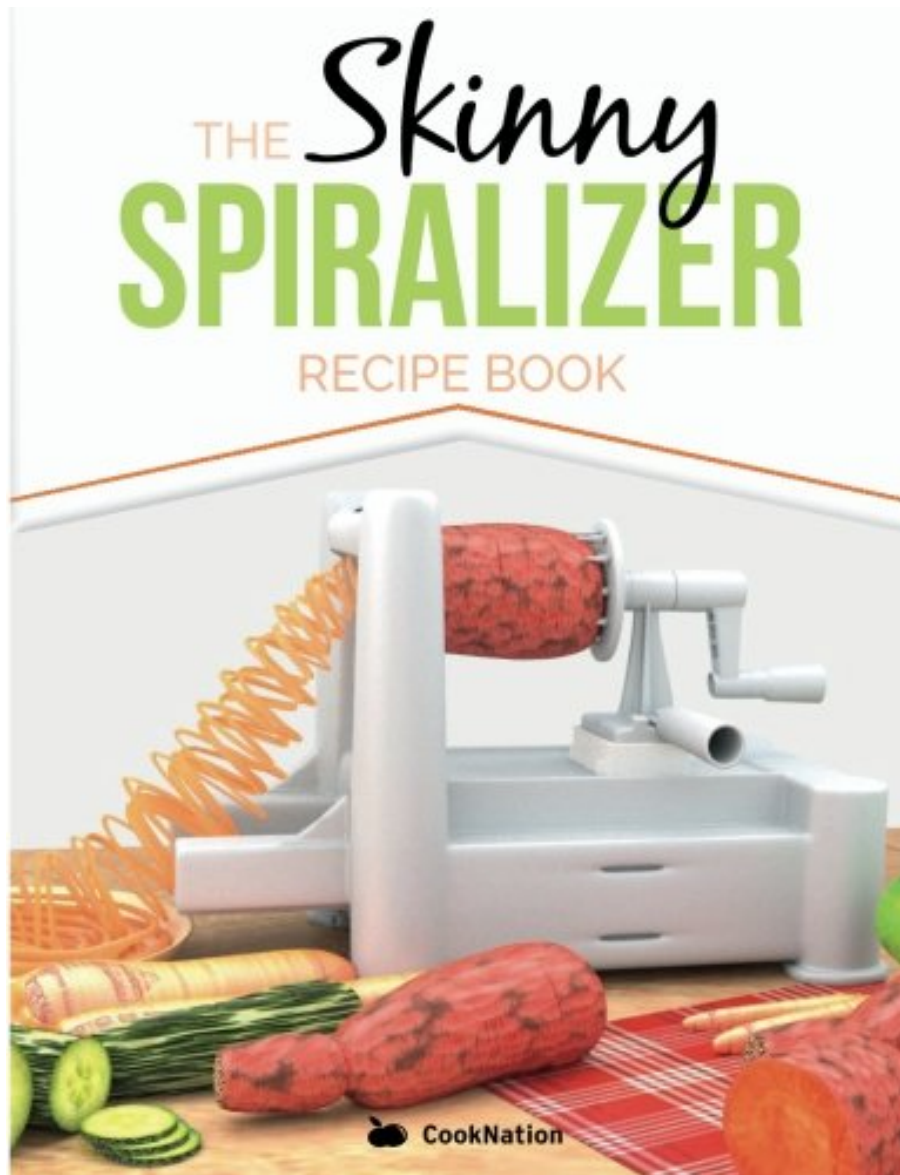


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The Skinny Spiralizer Recipe Book

Delicious Spiralizer Inspired Low Calorie Recipes For One. All Under 200, 300, 400 & 500 Calories

If you are looking for new and fresh meal ideas to use with your spiralizer then this book is for you! Get ready to open yourself up to a whole new world of possibilities....

Our calorie counted low fat recipes will help you make the most of your spiralizer: serving up super-fast, simple meals, soups, sides, salads and more.

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Fresh Lime Zucchini Ribbons
Garlic Chicken & Cucumber Ribbons
Honey & Thyme Egg Plant
Onion & Balsamic Dressed 'Pasta'
Spiralized Bubble & Squeak
Sundried Tomato & Basil 'Pasta'
Creamy Squash Sauce 'Spaghetti'
Chicken Miso Soup
Wok Egg Soup
Sweet Chilli Prawn 'Noodles'
Spiced Spinach & Spiralized Sweet Potatoes
Beef Keema
Fresh Tuna Stir-Fry
Bean & Halloumi Ribbon Salad
Sweet Potato & Porcini Spirals
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- Binding: Paperback
- 92 pages

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11 of 12 people found the following review helpful.

Found nothing I want to try.

By reg

I wish I had paid more attention to the 1 star reviews. When I go through a new cookbook, I have some post-it flags to make it easier to find the recipes I think I want to try. I did that with this book and when I finished, I had used no flags. There was not one recipe I was interested in. It is apparent that this book was not written by someone in the US. I could not identify some of the ingredients. for example: dolcelatte cheese, tomato passata, hallourni cheese, and Borlotti beans. This was not all, just a few. I also saw a couple of recipes using venison. I don't think you can buy venison in the US, so unless you are a hunter, that might be a tough ingredient to obtain. I also found most of the recipes, especially in the lower calorie counts, were soups, salads, or sides. There were very few that would hold up as a main dish. A vegetarian might like them, but would probably want to increase the quantity.

2 of 2 people found the following review helpful.

Five Stars

By twinboyz

Good recipes.

2 of 2 people found the following review helpful.

It didn't have many recipes in it and it didn't ...

By PM

It didn't have many recipes in it and it didn't tell you if you should remove the paddle or let it in for many recipes.

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