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The Skinny Spiralizer Recipe Book: Delicious Spiralizer Inspired Low Calorie Recipes for One

By Cooknation

Bell Mackenzie Publishing, United Kingdom, 2014. Paperback. Book Condition: New. 240 x 188 mm. Language: English . Brand New Book ***** Print on Demand *****. The Skinny Spiralizer Recipe Book Delicious Spiralizer Inspired Low Calorie Recipes For One. All Under 200, 300, 400 500 CaloriesIf 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. With our recipes and your spiralizer, mealtime prep is fast and fun. Every skinny dish serves one and is calorie counted to fall below either 200, 300, 400 or 500 calories. Recipes include: Sweet Ground Beef Zucchini Twirls Shrimp Fresh Pea Noodles Veggie Lime Cashew Stir-Fry Beef Noodle Soup Skinny Sausage Spinach Spaghetti 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...


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