

NEW YORK TIMES BESTSELLER The definitive cookbook for using a spiralizer: the kitchen gadget that turns vegetables and fruits into imaginative, low-carb dishes. On her wildly popular blog, *Inspiralized*, Ali Maffucci is revolutionizing healthy eating. Whether you're low-carb, gluten-free, Paleo, or raw, you don't have to give up the foods you love. *Inspiralized* shows you how to transform more than 20 vegetables and fruits into delicious meals that look and taste just like your favorite indulgent originals. Zucchini turns into pesto spaghetti; jicama becomes shoestring fries; sweet potatoes lay the foundation for fried rice; plantains transform into tortillas for huevos rancheros. Ali's recipes for breakfast, snacks, appetizers, sandwiches, soups, salads, casseroles, rices, pastas, and even desserts are easy to follow, hard to mess up, healthful, and completely fresh and flavorful. Best of all, she tells you how to customize them for whatever vegetables you have on hand and whatever your personal goal may be—losing weight, following a healthier lifestyle, or simply making easy meals at home. Here, too, are tons of technical tips and tricks; nutritional information for each dish and every vegetable you can possibly spiralize; and advice for spiralizing whether you're feeding just yourself, your family, or even a crowd. So bring on a hearty appetite and a sense of adventure—you're ready to make the most of this secret weapon for healthy cooking.

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Editorial Reviews. Review. This cookbook will make you look at vegetables in a whole new. Read *Inspiralized: Turn Vegetables into Healthy, Creative, Satisfying Meals* book reviews & author details and more at bodegagratiacom Free delivery on qualified. *Inspiralized: Turn Vegetables into Healthy, Creative, Satisfying Meals* by Ali Maffucci from bodegagratiacom Only Genuine Products. 30 Day Replacement Guarantee.

Inspiralized has ratings and 66 reviews. Nora said: I could totally relate to Ali's dilemma about eating too much pasta, being Italian and having fam. Free 2-day shipping on qualified orders over \$ Buy *Inspiralized: Turn Vegetables Into Healthy, Creative, Satisfying Meals* at bodegagratiacom The Paperback of the *Inspiralized: Turn Vegetables into Healthy, Creative, Satisfying Meals* by Ali Maffucci at Barnes & Noble. FREE Shipping. Find great deals for *Inspiralized: Turn Vegetables into Healthy, Creative, Satisfying Meals* by Ali Maffucci (, Paperback). Shop with confidence on eBay!. Find product information, ratings and reviews for *Inspiralized: Turn Vegetables into Healthy, Creative, Satisfying Meals (Paperback)* (Ali Maffucci) online on.

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