



# **Spiral Slicer Vegetable Recipes (Spiral Vegetable Series): For Yummy and Easy Paleo, Gluten Free and Weight Loss Diets**

*Sarah Sparrow*

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# Spiral Slicer Vegetable Recipes (Spiral Vegetable Series): For Yummy and Easy Paleo, Gluten Free and Weight Loss Diets

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## **Spiral Slicer Vegetable Recipes (Spiral Vegetable Series): For Yummy and Easy Paleo, Gluten Free and Weight Loss Diets** Sarah Sparrow

Spiral slicers have made a big impact on the way raw food enthusiasts, vegans, vegetarians, and health conscious cooks make their meals. If you wanted pasta, noodles, or thin slices, you once had to use an old-fashioned and sometimes dangerous mandolin; or have expert skills to make those tiny slices yourself with an extra-sharp kitchen knife. And those kitchen tools still never made the grade if you wanted perfectly strong and tender noodles without the carbs, wheat, gluten or cooking.

But now, with a spiral slicer and "Spiral Slicer Vegetable Recipes:For Yummy and Easy Paleo, Gluten Free and Weight Loss Diets", you can take zucchinis, cucumbers and other root veggies and make delicious noodle, pasta and salad dishes all in a snap. Using a spiral slicer is easy and convenient. It keeps your calories down, your carbs low, and your nutrients high. Make losing weight and gaining health as easy as slice, mix, eat. That's it!

Some of the healthy and delicious recipes inside are:

Zucchini Noodle Tuna Salad  
Raw Broccoli Pesto Noodles  
Walnut Pesto Noodle Salad  
Raw Curry Noodles 2 Ways  
Raw Daikon Mei Fun  
Raw Pad Thai  
Yellow Coconut Curry Noodles  
Raw Tomato Tapenade Over Cucumber Pasta  
Pasta Rustica  
Garlic Sesame Salad

Get a copy now and spiral slice to your heart's desire and make magic when you make your healthy meals!

Author Note: This is a special spiral slicer recipes book for those who just start on their spiralizer journey.

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