



# Spiralize It!: Creative Spiralizer Recipes for Every Type of Eater

*Kenzie Swanhart*

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**Spiralize It!: Creative Spiralizer Recipes for Every Type of Eater** Kenzie Swanhart

**From the author of *Paleo in 28*, your must-have spiralizer cookbook for making ridiculously easy and delicious meals--perfect for any spiralizer.**

There is one kitchen tool Kenzie Swanhart (aka food blogger Cave Girl in the City) couldn't be without: her spiralizer. It makes eating more vegetables a cinch, and it's just plain fun to use. In *Spiralize It!*, she shares her passion and proves that you can indulge in your favorite foods by swapping carbs for a variety of veggies, from carrots and sweet potatoes to butternut squash and zucchini.

Featuring over 100 imaginative recipes, this comprehensive cookbook appeals to all palates--Paleo, vegetarian, vegan, gluten-free, and anything in between. Get started, with:

Plenty of recipes to satisfy cravings with guilt-free dishes and desserts, like Macaroni & Cheese and Not-Your-Average Carrot Cake Handy dietary icons plus nutritional information with every recipe Overviews of popular spiralizer brands to find the right one for you Spiralizer tips and tailored recipes to suit all spiralizer brands

**Whether you're feeding picky kids, raw foodists or the Paleo proud, this is the only spiralizer cookbook you'll need.**

## Spiralize It!: Creative Spiralizer Recipes for Every Type of Eater Details

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# From Reader Review Spiralize It!: Creative Spiralizer Recipes for Every Type of Eater for online ebook

## **viktoriasays**

Pros: this book had some snazzy features—clearly marked GF, DF, Paleo labels, some veggie substitutes suggestions for some (not all) recipes, and a good breakdown on how how some things spiral and the flavor, moisture, and texture effects.

Cons: The few pictures they with the recipes had were often of the spiralized veggies, not the actual dish, which annoyed me to no end.

**tl;dr:** There's definitely some things I'll try, but I'm not going to buy it (library or home) and I wouldn't necessarily recommend it unless you're super, super into spiralizing.

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## **Betty Soto says**

### **Awesome**

Love this book. It has simple and creative recipes that you can cook in a ease. Its a great way to add motte veggies to your diet and eat cleaner. Highly recommended.

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## **Ashley says**

Pretty informative. A lot of variety for recipes and I love that alternative vegetables were included for some of the recipes. Worth a read!

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## **Claudia says**

already trying some recipes - lots of great ideas

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## **Vickie says**

### **Few recipes in this book**

I haven't gotten the ingredients because we haven't received our check. A lot of this it I won't be able to afford. So the things that don't cost too much I will try.

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## **Myrna says**

### **A Lifestyle Changer**

This easy to follow cookbook has given me inspiration to analyze our eating habits and make some changes in our diet. The recipes included are nutritious, easy to do, and time efficient. I am so happy I purchased this book. We are going to establish healthier benefits from eating the meals outlined in this wonderful book.

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## **Tina says**

Within a week it seemed like all of my friends were talking about this spiralization of veggies thing, so I grabbed a couple recipe books on it. This was not the best to grab for a beginner. There weren't enough pictures and it was extremely text heavy with sometimes unclear instructions.

Second star is because those recipes I did do successfully were delish.

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## **Naomi says**

Grabbed this on an Amazon sale since I was given a Spiralizer for Christmas. Interesting cookbook and loved the ways to get more veggies/fruits into my diet. Not sure how many times I will use the cookbook. Did think it would be just as easy to chop the veggies/fruit as to spiralizing it and that it was being more to develop a recipe for the cookbook than as a true new recipe.

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## **Martha says**

Great book and recipes for spiralizing your favorite fruits and vegetables. Enough recipes for appetizers, side dishes, main courses, salads, soups and desserts to fill several weeks of healthy eating. Recipes have few ingredients and likely pantry staples. Encouraged me enough to purchase the table model for different shapes of spiral foods. The finished dish is appealing to the eyes and satisfying to the hunger without being stuffed. Recommend for your kitchen.

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