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by Orathay Souksisavanh : **Super Spiralized: Fresh & delicious ways to use your spiralizer**

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Description :

PDF-130c6 | Vegetable noodles and spaghetti are a great substitution for heavy carbs such as pasta and rice, and make for a much healthier diet. But now and again, it's nice to balance out these lighter meals with a treat. In Super Spiralized, authors Orathaty and Vania show you how you can use your spiralizer, mandoline slicer or even just a vegetable peeler to produce creative, delicious meals - some low-c... *Super Spiralized: Fresh & delicious ways to use your spiralizer*

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