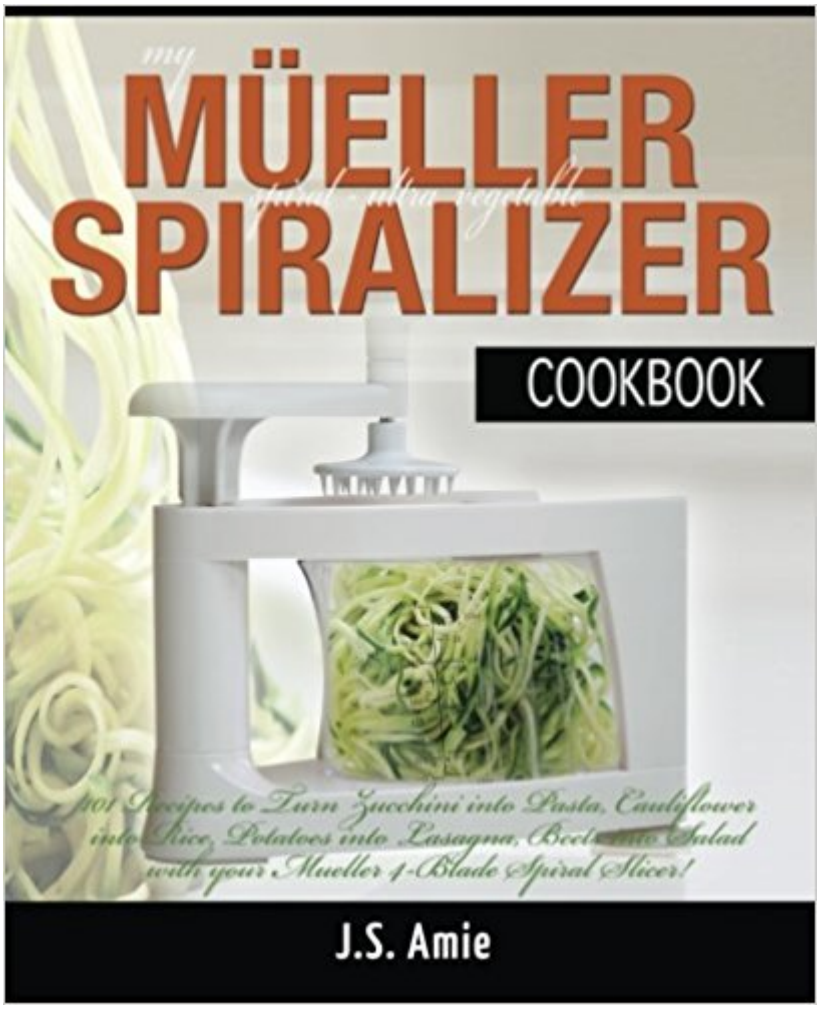
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My Mueller Spiral-Ultra Vegetable Spiralizer Cookbook: 101 Recipes To Turn Zucchini Into Pasta, Cauliflower Into Rice, Potatoes Into Lasagna, Beets ... (Vegetable Spiralizer Cookbooks) (Volume 4)




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Synopsis

101 Popular and Easy-to-Make Spiralizer Recipes for Your New Mueller Spiralizer! Learn how to turn zucchini into zoodles, cauliflower into rice, squash into pasta strands, sweet potatoes into delicious ribbons, and many other vegetables into the most delicious pastas, soups, main dishes and desserts you can imagine! This is the fourth book from #1 Best Selling author J.S. AmieÃ¢â ¬â„¢s Vegetable Spiralizer Cookbook series. Her spiralizer books were the first on the market, and theyÃ¢â ¬â„¢re still the best! Why? Because the recipes are tried, tested, and mouthwateringly delicious! HereÃ¢â ¬â„¢s a preview of whatÃ¢â ¬â„¢s inside... A Full Range of Dishes: Ã¢â ¬Â¢ Soups Ã¢â ¬Â¢ Salads Ã¢â ¬Â¢ Main Dishes Ã¢â ¬Â¢ Sides Ã¢â ¬Â¢ Desserts Comprehensive Instructions: Ã¢â ¬Â¢ How to use your Mueller spiralizer Ã¢â ¬Â¢ How to choose the right vegetables for spiralizing Ã¢â ¬Â¢ Pro tips for perfect spiralized foods Special Diets: Ã¢â ¬Â¢ Gluten-Free Ã¢â ¬Â¢ Paleo Ã¢â ¬Â¢ Low-Carb / Weight Loss Ã¢â ¬Â¢ Vegetarian / Vegan Ã¢â ¬Â¢ (and omnivore too!) The book also comes with a handy Quick Start Guide which will get you spiralizing in no time! Full Color Photos available online. Spiralschneider, GemÃƒÂ seschneider, gemuse spiralizer. Get your copy today! Click the Ã¢â ¬Å“add to cartÃ¢â ¬Â• button and buy RISK FREE. (FREE SHIPPING for Prime members)

Book Information

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Customer Reviews

J.S. Amie is Ã¢â ¬Å“the Healthy Happy FoodieÃ¢â ¬Â•Ã¢â ¬â •a food blogger and bestselling author who has earned a reputation as a trusted source for delicious recipes which support healthy

diets and lifestyles including Gluten-free and Paleo diets. Her books on vegetable spiralizer recipes are gaining popularity with a wide variety of people who all share the same passion for eating well while staying healthy. She is a mother of two charming daughters, who, like normal children, crave sugar, wheat and more sugar! So what to do? JS decided to learn how to satisfy those urges by substituting good, natural food for unhealthy junk. Her books reflect her personal mission to nourish her family and friends as well as possible. She lives in a small town surrounded by rolling hills, walnut trees and zombies. Just kidding about the zombies. She can be contacted on her blog at www.HealthyHappyFoodie.org.

I received a free Kindle edition of this. I don’t have a MÃƒÂ eller Spiral-Ultra Vegetable Spiralizer, I have an Inspiralizer, a Vegetti, and also a Paderno.I did read the section on using the MÃƒÂ eller, and it seems to be thorough and well-written and stresses how to safely use, and clean it.I have already bookmarked several recipes to try. She has some good ideas that I hadn’t thought of -serving beef stew over squash noodles, and using zucchini noodles to make kugel-sweet or less sweet, there are directions for both.The navigation is fine, the editing needs a bit of tweaking, and the occasional instruction needs a bit of clarifying-such as do you use the entire bok choy stem and leaf, or not. All recipes have the nutrition information, which is a very good thing. The recipes run the gamut from very low-sodium to fairly high, to very high, and it’s nice to know this ahead of time.The subtitle mentions "potatoes into lasagna" but I couldn’t find any mention of this in the book. It’s a moot point for me, because I can’t have potatoes, but I did want to read about her technique. I use zucchini sliced on a mandoline for lasagna noodles.I enjoyed reading this, even the recipes I can’t make because they contain forbidden foods have given me creative ideas. I’m looking forward to trying the recipes I can have. The recipes look good; even the ones I can’t have do look good to me.She’s very nice, and responds to problems that need to be fixed.

I’ve bought half a dozen different brands of "spiralizers" and none of them worked properly except for this one. I know I still need practice with using it, but so far it’s worked just as promised. I was beginning to think I’d never be able to enjoy zucchini "noodles" and now I can. This device is substantially more well-made than others I’ve tried and discarded. Something you expect for a German made product, I guess.

After I purchased my MÃƒÂ eller Spiral-Ultra Vegetable Spiralizer, I realized Mueller’s videos were somewhat lacking in information. This book is a good adjunct: shows you which blades to use and

the results you get, with pics of both blades and result. Just looking at the different shapes gave me ideas on how to use them.We've tried the Chili Mac recipe, and everyone loved it. Although there are not a lot of truly new recipes for spiralized vegetable main dishes (there are a lot of very similar ones out there), there are some I've bookmarked to try.in the future.

I bought the Mueller Spiralizer and the Mueller Spiralizer cookbook. It has lots of recipes for healthy preparation of meals that promote weight loss. Many times it is boring to make some vegetable recipes. But this book and others by J.S. Amie informs you how to take many vegetables and spiralize them. This opens the door to a new world of recipes as well as promoting the use of some vegetables like squash, beets, etc. in interesting ways to make you want to eat healthier meals at home rather than settle for unhealthy meals at local fast food restaurants. I highly recommend this book as well as the spiralizer and the other books by J.S. Amie.

I bought this book to help my family eat more healthy foods. Most of the recipes in this book contained too much sugar and salt. I returned it.

Can't wait to try out some of the recipes. I have been trying to eat more veggies and this will be a great help to expand my menus. Recipes are not complicated and use ingredients already in the pantry.

I do not have a Mueller Spiralizer yet, but after reading this book I must get one. I have read all of J.S. Amie's books. I really like this one as she has compiled many more recipes than any other book I have read. I really like how she provides instructions how to use the spiralizer. Being a spiralizer novice, she has me comfortable with what vegetables to use. This book is a must for anyone who wants to spiralize.

I like pictures and there aren't any in this cookbook!!!

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