



# **Nourishing Noodles: Nearly 100 Plant-Based Recipes for Spiralized Zoodles, Ribbons, and Other Vegetable Spirals**

*Cristiana Anca*

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**Put your Spiralizer to work to create fun, meatless meals in minutes!**

With increasingly busy lives, it's hard to find the time to eat healthy and incorporate vegetables into our diets. Weeknight meals tend to be weighted down with heavy pasta dishes that bloat and add inches to the waistline. And let's face it, there aren't a lot of nutrients either. So how do you get the yummy comfort of a bowl of spaghetti without the carbs? Spiralize!

If you're vegan, vegetarian, low carb, or even just looking for fresh, healthy and easy recipes to add to your menu, *Spiralizer Whole Noodle Cookbook* has all the recipes you want! Spiralizing takes just a few minutes to do any vegetable, so these recipes are also super fast and easy for any night. Cristiana Anca, founder of Whole Noodles, provides you with 75 step-by-step recipes to turn any firm vegetable into a healthy, filling, and comforting noodle meal. From carrots and zucchini to eggplant, cucumbers, and potatoes, you can transform an ordinary veggie into a delicious bowl of noodles and dress it up with sauces, dressings, and any of your favorite add-ins.

Slice into 75 globally-inspired, meatless recipes, including:

Cucumber mint noodles with ginger dressing

Celeriac pasta with walnut and applesauce

Carrot pasta with a creamy zesty garlic sauce

Purple carrot noodles with thai sauce

Zucchini noodles with kale, pesto, sprouts, and pine nuts

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# **From Reader Review Nourishing Noodles: Nearly 100 Plant-Based Recipes for Spiralized Zoodles, Ribbons, and Other Vegetable Spirals for online ebook**

## **Martha says**

The absolute gourmet cookbook on spiralizing and ribboning fruits and vegetables. I have to have more equipment to purchase this one.....a dehydrator. The condiments section was the most interesting with recipes for nut butters and milks, condiments, sauces, spices, creams, kimchi, etc. The recipes are extensive with ingredients of which I am not familiar. Gorgeous photographs too. I will have to work up to this cookbook. A challenge that I will aspire to in the future. I feel healthier have read it. Highly recommend!!!!!!!!!!!!!!!!!!!!!!

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## **Love & Flour says**

A lot of nice recipe ideas, but the ingredient lists for most are long and slightly complex.

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## **Aja Marsh says**

The latest addition to my cookbook shelf! I spotted this at the Hastings bookstore closing down near my house and it lingered in my mind. I've been making some veggie noodles already just using a julienne peeler and have been considering getting a more legit spiralizer. Some good vegan inspiration in here with some unique ideas, I enjoyed it!

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