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# SPIRALIZE!: 40 NUTRITIOUS RECIPES TO TRANSFORM THE WAY YOU EAT



Pavilion Books. Hardback. Book Condition: new. BRAND NEW, Spiralize!: 40 Nutritious Recipes to Transform the Way You Eat, Stephanie Jeffs, This book is the ultimate beginners guide to spiralizing; featuring over 40 quick and easy recipes for super-healthy, flavour-packed spiralized meals. A brief introduction to spiralizing explains all of the health benefits and features a step-by-step guide to transforming your veg with a few cranks of a spiralizer's handle. Having a healthy relationship with food should never mean denying ourselves...

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- Authored by Stephanie Jeffs
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