



# 150 Best Spiralizer Recipes

Spiralizers are taking home kitchens by storm because they provide a new and refreshing way to introduce more vegetables into dishes and reduce carbohydrates. With your spiralizer and this cookbook at hand, you will be able to quickly and easily add variety to your diet and impress your family and friends with delicious, nutritious and extremely satisfying meals.

Creative recipes for **gluten-free, paleo, vegetarian and vegan**, and **raw food** diets including salads, soups, main dishes and sides

**MARILYN HAUGEN** is passionate about cooking and entertaining and has turned this passion into a successful cookbook career. Visit her blog, FoodThymes.com.

**JENNIFER WILLIAMS** is the bestselling author of *150 Best Breakfast Sandwich Maker Recipes*.

ALSO AVAILABLE



\$19.95 USA  
\$19.95 CAN

Robert  
**ROSE**



PRINTED IN CANADA

Visit us at [www.robertrose.ca](http://www.robertrose.ca)

Marilyn Haugen  
& Jennifer Williams

150 Best Spiralizer Recipes

Robert  
**ROSE**

# 150 Best Spiralizer Recipes



Marilyn Haugen  
& Jennifer Williams