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Introduction

Spiralizing vegetables and fruits is a fun way to add color, health and fun to your diet. If you love the taste and texture of noodles but want to avoid the carbs (and spike to your blood sugar!) then you absolutely have to try spiralizing zucchini.

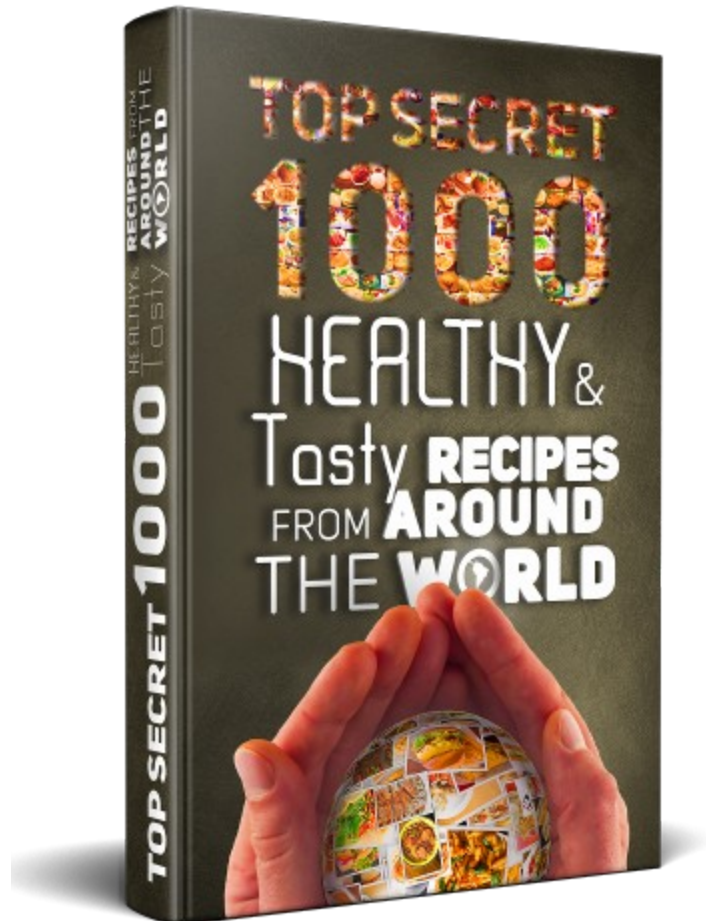
If you've already tried zucchini or carrot noodles and are looking to branch out a bit, then this book is just as much for you as those setting out on the spiralized path. You will learn that the spiralizer can be a fun way to make breakfast, lunch, dinner and snacks that much more healthy.

If you're a vegan or vegetarian or simply looking to eat less animal products, then this book is perfect for you.

Please note: it's important to follow the directions on your particular spiralizer model (devices vary and spiralizing methods also vary). The recipes in this book will feature the noodle method for the most part, unless otherwise specified in the directions of the recipe.

You will be astounded by what you can do with spiralized fruits and vegetables!

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Breakfast

Courgette Tuna Noodles



Prep time: 10 minutes

Ingredients:

- Two tablespoon capers
- Eight green olives, chopped
- Half a lemon, juice and zest
- Handful of mint, chopped
- Two tablespoons extra-virgin olive oil
- One tin good quality tuna, drained and in small pieces
- Three medium courgettes
- Avocado oil

Directions:

1. Spiralize courgettes.
2. Mix all ingredients in a dish, except avocado oil (will be used for cooking).
3. Cook in a pan with a little of avocado oil for about 30 seconds over high heat.
4. Drop everything in a plate with tuna.
5. Stir and serve.

Tomato Courgette Pie



Prep time: 10 minutes

Cooking time: 25 minutes

Ingredients:

- One big courgette
- One bell pepper, sliced
- Nine tomato slices
- Two tablespoon quark
- Two onions
- Little bunch of parsley, chopped
- Sea salt
- Ground black pepper
- Frylight

Directions:

1. Spiralize courgette.
2. Switch on the oven and heat it up to 374 F.
3. Combine and season the quark with eggs.
4. Put parsley, onion, peppers and courgette together in the quiche dish.
5. Pour in the previously obtained mix of eggs and quark.
6. Top with a sliced tomatoes adding a bit of salt and black pepper.
7. Cook about 20-25 minutes until you see a quiche form.
8. Serve and enjoy.

Sweet Potato Breakfast



Prep time: 5 minutes

Cooking time: 15 minutes

Ingredients:

- One big sweet potato
- 1 tbsp olive oil
- Two eggs
- Eight egg whites
- 1/2 cup salsa (and some more for topping)
- Cilantro, as a garnish

Directions:

1. Spiralize potato.
2. Heat two tsp of olive oil in a pan over medium heat. Put in the achieved potato noodles and cook about 5-8 minutes until soften. Add salt and pepper.
3. Fill a pot with a couple of inches of water and leave over medium heat. Once water starts simmering, put two cracked eggs keeping them close to the pot surface, then cover the pot, switch off the heat and leave the eggs until they cooked.
4. Put the coconut flakes in the same pan over medium heat until they become toasty and brown.
5. Scramble the egg white in a pan over medium heat.
6. Put a cooked potato noodles in a bowl and combine them with salsa.
7. Put in the scrambled egg whites and stir well.
8. Add cilantro and put additional salsa as a topping.
9. Serve.

Banana Coconut Breakfast



Prep time: 5 minutes

Cooking time: 10 minutes

Ingredients:

- 1 1/3 cup vanilla almond milk
- 1 medium banana, peeled and spiralized
- 1/8 teaspoon cinnamon
- 1/4 cup raisins
- 1-2 teaspoons coconut flakes

Directions:

1. Put banana noodles in a food processor to convert it into rice.
2. Put obtained rice in a saucepan with 1 cup of milk and heat it until starting to boil.
3. After that switch a heat to a simmer and simmer it about 10 minutes.
4. When the rice started to reduce pour in 1/3 cup of milk. Leave to reduce until the rice takes a creamy form.
5. Then take it out from the heat and put in coconut flakes, cinnamon, and raisins.
6. Stir well, until the cinnamon completely dissolves.
7. Serve and enjoy.

Apple Cinnamon Coconut Yoghurt



Prep time: 5 minutes

Cooking time: N/A

Ingredients:

- One large apple
- One teaspoon cinnamon
- One tablespoon agave
- One cup coconut yogurt
- One tablespoon shredded walnut

Directions:

1. Spiralize the apple (according to the directions of your particular spiralizer).
2. In a bowl, coat the spiralized apple with the agave. Add the cinnamon
3. Top the coconut yoghurt with the apple mixture. Finally, top with the shredded walnut.

Apple Sweet Potato Waffles



Prep time: 10 minutes

Cooking time: 5-10 minutes

Ingredients:

- One apple, spiralized
- One sweet potato, spiralized
- One cup buckwheat flour
- 1/2 cup coconut milk
- 2 tablespoons coconut oil, warmed to liquid
- 2 tablespoons coconut nectar or maple syrup
- Additional coconut oil for waffle iron
- One teaspoon cinnamon

Directions:

1. In a medium-sized bowl, combine the buckwheat flour with the coconut milk, 2 tablespoons coconut oil, cinnamon and coconut nectar. Stir in the apple and sweet potato. If a slightly looser consistency is desired, add tablespoons of water to thin out the batter a bit.
2. Warm the waffle iron to medium high heat. Add some coconut oil (to help remove the waffles).
3. When the iron is warm, add the batter. (You should have enough for two waffles). Remove the waffle after about five minutes (or when display shows the waffle is ready).
4. Top with maple syrup or coconut cream for a warm and delicious treat (especially yummy in the fall and winter, also makes a great desert!)

Zucchini Apple Pancakes



Prep time: 5 minutes

Cooking time: 5-10 minutes

Ingredients:

- One zucchini, spiralized (spiralize according to the directions of your spiralizer to form “noodles”)
- One apple, spiralized
- One cup almond flour
- 1/2 cup almond milk
- 2 tablespoons coconut oil, warmed to liquid
- 3 tablespoons maple syrup
- One teaspoon cinnamon
- One teaspoon ginger powder
- One pinch cloves
- A bit more coconut oil (one tablespoon) for the frying pan

Directions:

1. Warm frying pan to medium heat and add the tablespoon of coconut oil.
2. In a medium sized mixing bowl, combine the almond flour, almond milk, coconut oil, maple syrup, cinnamon, ginger powder and cloves. Use a hand mixer or food processor (or simply mix by hand with a large spoon). Add a tablespoon of water or so if you prefer a thinner batter.
3. Stir in the spiralized zucchini and spiralized apple.
4. Pour a bit of the mixture onto the warm frying pan to form the first pancake.
5. When bubbles start to form (and you can see the bottom of the pancake has begun to become firm and golden brown) flip the pancake over.
6. Repeat until all of the batter has been used.
7. Serve with maple syrup, or top with coconut yogurt. Add blueberries if you would like even more fruit.

Apple Carrot Oatmeal



Prep time: 5 minutes

Cooking time: 10 minutes

Ingredients:

- One spiralized apple
- One spiralized carrot
- One cup oatmeal
- One cup coconut or almond milk
- Two tablespoons maple syrup
- One tablespoon coconut oil
- 3 tablespoons water
- One teaspoon cinnamon
- One pinch sea salt

Directions:

1. In a saucepan, melt the coconut oil over medium heat.
2. Add the water, coconut or almond milk and stir.
3. Stir in the oatmeal. Add two tablespoons maple syrup.
4. Continue stirring. Add the cinnamon, sea salt and then stir in the apple and carrot.
5. Stir until the oatmeal bubbles (but do not let it fully boil).
6. Remove from heat. Top with shredded coconut, maple syrup or other topping of your choice. Tip: for an extra hearty breakfast serve with a spoonful of peanut butter or almond butter and coconut yogurt.

Pear Porridge



Prep time: 5-8 minutes

Cooking time: 8 minutes

Ingredients:

- One firm spiralized pear (over-ripe pears will NOT spiralize!)
- One cup buckwheat flour
- One cup coconut milk or almond milk
- 2 tablespoons coconut oil
- 3 tablespoons maple syrup
- One teaspoon vanilla extract
- One cup water

Directions:

1. In a saucepan, melt the coconut oil over medium heat.
2. Add the water, coconut or almond milk and stir.
3. Add the buckwheat flour and continue stirring.
4. Next, add in the maple syrup, vanilla extract and finally the pear.
5. When all the liquid is absorbed into the porridge, it is ready.
6. Top with additional pear, coconut cream and a bit of almond butter.

Salads

Carrot Cucumber Salad



Prep time: 20 minutes

Ingredients (for salad):

- Two big carrots, peeled
- Three medium cucumbers

Ingredients (for dressing):

- One clove of garlic.
- Lime juice (from half a lime)
- 1/2 tablespoon mirin
- 1/2 cup soy sauce
- 1 tablespoon sesame oil
- 1 teaspoon fresh grated ginger
- 1 teaspoon sriracha
- 1 teaspoon honey
- Cilantro (as a garnish)
- Red pepper flakes (as a garnish)

Directions:

1. Spiralize the carrots and the cucumbers.
2. Combine and whisk all rest ingredients except the red pepper and cilantro to create a dressing.
3. Put the obtained noodles in sufficient amount of dressing and garnish with the pepper flakes and cilantro.
4. Serve.

Arugula Special Salad



Prep time: 10-15 minutes

Ingredients (for salad):

- Two medium cucumbers, spiralized
- Two cups small arugula
- Two cups tomatoes, chopped
- Half of a red onion, sliced
- Half a cup of pitted Kalamata olives
- 1/3 cup feta cheese, crumbled
- 1/3 cup parsley, chopped

Ingredients (for vinaigrette):

- Three tbsp fresh lemon juice.
- 1/4 cup extra virgin olive oil
- 1/2 tsp dried oregano
- 1/2 tsp honey
- One garlic clove, pressed
- Salt
- Pepper

Directions:

1. In a salad bowl, combine all ingredients.
2. Put all vinaigrette ingredients in another bowl and shake them to combine.
3. Pour achieved vinaigrette to the bowl with salad and stir or shake to combine.
4. Serve.

Beetroot Tomatoes Salad



Prep time: 10 minutes

Ingredients (for salad):

- One apple, spiralized
- One beetroot, spiralized
- One tablespoon balsamic vinegar
- Half a tablespoon lemon juice
- One bunch mixed salad leaves
- 1/4 red bell pepper, sliced
- One celery, chopped
- Two onions, chopped
- One cucumber, chunked
- Bunch cherry tomatoes, halved

Directions:

1. Combine vinegar with lemon juice in a separate cup.
2. Put spiralized beetroot and apple on top of a salad leaves in a bowl.
3. Put the rest of ingredients on a top and pour with obtained balsamic dressing.
4. Serve.

Beet Cashew Cream Salad



Prep time: 5-7 minutes

Cooking time: N/A

Ingredients:

- 3 large beets, spiralized
- Two tablespoons cashew butter
- One clove garlic, chopped finely
- One tablespoon apple cider vinegar
- One tablespoon olive oil
- One cup baby spinach
- 1/4 cup chopped walnuts
- One pinch sea salt or himalaya salt

Directions:

1. Place the spinach and spiralized beets in a salad bowl. Add the apple cider vinegar and olive oil. Use your hands to evenly distribute the dressing.
2. Add the garlic, walnuts and sea salt. Use your hands to distribute evenly.
3. Finally top with the cashew nut butter. Serve and enjoy this vegan variation of spinach, beet and goat cheese salad.

Celeriac Carrot Cabbage Salad



Prep time: 5-7 minutes

Ingredients:

- One celeriac root, spiralized
- One carrot, spiralized
- One half a purple cabbage, spiralized
- One tablespoon tahini
- One tablespoon apple cider vinegar
- One tablespoon olive oil
- One tablespoon soy sauce
- One pinch sea salt
- One pinch thyme, garlic powder, dill, oregano

Directions:

1. Combine the tahini, apple cider vinegar, olive oil and soy sauce as well as salt and herbs in a salad dish. Stir to combine, create a smooth paste.
2. Add the spiralized vegetables.
3. Massage in the dressing and serve optionally with a dollop of coconut cream or plain coconut yogurt.

Kale Carrot Apple Salad



Prep time: 5-7 minutes

Ingredients:

- One cup kale, torn into little pieces with stems removed
- Two carrots, spiralized
- One tablespoon almond butter
- One tablespoon walnut oil
- One tablespoon apple cider vinegar
- One pinch sea salt
- One dash garlic powder

Directions:

1. In a salad bowl, add the almond butter, walnut oil, apple cider vinegar, salt and garlic powder. Stir to form a creamy dressing.
2. Add the carrots and kale.
3. Massage the dressing into the carrots and kale. The salad is ready when the kale takes on a wilted appearance and has absorbed the dressing (this means the cell walls have broken and the kale is more easily digestible. In addition, it will have taken on the yummy flavor of the dressing).

Zucchini Cream Salad (vegan)



Prep time: 7-9 minutes

Ingredients:

- 2 zucchini, spiralized
- 1/2 cup coconut cream
- 1/2 teaspoon garlic powder
- One dash sea salt
- One tomato, chopped finely
- One tablespoon cashew nut butter
- One tablespoon apple cider vinegar
- One tablespoon olive oil

Directions:

1. In a salad bowl, combine the apple cider vinegar, coconut cream, olive oil, sea salt, garlic powder. Stir to create a smooth cream.
2. Add in the spiralized zucchini, chopped tomato. Use your hands to distribute the dressing evenly over the vegetables.
3. Top with the cashew nut butter and serve, optionally with some fresh parsley.

Rainbow Avocado Salad



Prep time: 10 minutes

Ingredients:

- One half red cabbage, spiralized
- One carrot, spiralized
- One zucchini, spiralized
- One red bell pepper, spiralized
- One avocado, sliced
- Two tablespoons olive oil
- Two tablespoons apple cider vinegar
- Dash salt
- One clove chopped garlic
- One sprig fresh dill

Directions:

1. In a salad bowl, combine all of the vegetables.
2. Add the salt, garlic, apple cider vinegar and olive oil. Use your hands to distribute the ingredients evenly throughout the dish.
3. Top with the avocado and fresh dill.

Soups

Zucchini Vegetable Bouillon



Prep time: 5-10 minutes

Cooking time: 5 minutes

Ingredients:

- Two big zucchini
- Four cups of vegetable broth
- Two tsp vegetable bouillon
- Couple of carrots, diced
- Couple of celery, diced
- Diced and cooked chicken

Directions:

1. Spiralize zucchini to make the noodles.
2. Combine vegetable broth with bouillon.
3. Put obtained noodles, cooked chicken dices, celery, and carrots to the broth.
4. Heat for 5 minutes.
5. Serve.

Sweet Potato Pear Soup



Prep time: 5-10 minutes

Cooking time: 15 minutes

Ingredients:

- Two sweet potatoes; one spiralized the other chopped into small pieces
- Three pears; two chopped into small pieces, one spiralized
- Three cups coconut milk
- 1 1/2 cups water
- 1/4 teaspoon sea salt
- One dash black pepper

Directions:

1. Bring the water to a boil and add the chopped sweet potato. Cook for five minutes.
2. Reduce heat to medium high and add the chopped pear.
3. Add the coconut milk, sea salt and black pepper. Use a hand masher to mash into a "puree" like soup.
4. Reduce heat, add the spiralized sweet potato and pear and simmer for another five minutes. Total cooking time is 15 minutes for this soup.

Apple Pumpkin Soup



Prep time: 10 minutes

Cooking time: 17 minutes

Ingredients:

- One hokkaido pumpkin, cut into pieces
- One spiralized apple
- 2 cups water
- Three cups coconut milk
- 2 tablespoons coconut oil
- One clove garlic
- One chopped onion
- One pinch sea salt
- One dash black pepper
- One dash nutmeg

Directions:

1. Heat a saucepan over medium high heat and melt the coconut oil. Add the garlic and onion and saute for two minutes. Add the pumpkin.
2. Next add the water and increase heat to high. Bring to a boil. Add the coconut milk and reduce heat to medium high. Cook for 10 minutes, stirring frequently.
3. Add the salt, pepper and nutmeg.
4. Use a hand masher to mash the pumpkin.
5. Add the spiralized apple.
6. Reduce heat to low and simmer for another five minutes.

Celery Cream Soup



Prep time: 8 minutes

Cooking time: 15 minutes

Ingredients:

- Celeriac, spiralized
- One celeriac chopped
- One clove garlic, chopped
- Two cups coconut milk
- Two cups water
- One dash garlic powder
- 1/4 teaspoon sea salt

Directions:

1. Bring the water to a boil. Add the chopped celeriac and garlic.
2. Boil for 10 minutes. Mash with a hand masher.
3. Add the coconut milk. Stir and add the garlic powder and sea salt.
4. Add the spiralized celeriac.

Beet Soup



Prep time: 8 minutes

Cooking time: 15 minutes

Ingredients:

- 2 large chopped beets, one large spiralized beet
- Two cloves garlic, chopped
- Two tablespoons coconut oil
- Two cups water
- Two cups coconut milk
- 1/4 teaspoon sea salt
- 1/4 teaspoon black pepper

Directions:

1. Melt the coconut oil over medium high heat and add the chopped garlic.
2. Add the water and the chopped beets and bring to a boil.
3. Reduce heat and mash the beets with a hand masher once the beets are tender (still in cooking pot).
4. Add the spiralized beets as well as the sea salt and black pepper.
5. Simmer for another 5-7 minutes.

Rutabaga Soup



Prep time: 5 minutes

Cooking time: 15 minutes

Ingredients:

- One large rutabaga, spiralized
- One spiralized carrot
- 1 1/2 liters vegetable stock
- 1/2 cup chopped celery
- 1/4 cup chopped onion
- 1/4 cup chopped fennel

Directions:

1. Heat the vegetable stock.
2. Add the rutabaga, carrot, celery, onion and fennel.
3. Simmer for 15 minutes. Serve with a salad.

Pasta

King Prawn Pasta



Prep time: 10 minutes

Cooking time: 15 minutes

Ingredients:

- Two large zucchini, spiralized
- Big portion of coconut oil
- 0.6 lb raw king prawns
- 3 tbsp olive oil
- One diced brown onion
- 1/2 sweet bell pepper, diced
- 2/3 tsp salt
- 2/3 tsp chili pepper
- Three cloves of diced garlic
- 1.5 cup chopped tinned tomatoes
- 1/4 grated parmesan
- Chopped basil

Directions:

1. Spiralize zucchini.
2. Cook the prawns in a frying pan with before heated coconut oil. Pan fry them for 2-3 minutes, don't forget to stir. Remove them from frying pan and put in a bowl.
3. Switch the heat to a medium and pour the olive oil into a pan. Put the diced onion and bell peppers and cook for 3 minutes until they get softened.
4. Put in the tinned tomatoes and add some salt, garlic, and chili stirring everything. Hold over medium heat for 2-3 minutes.
5. After that put the prawns and zucchini noodles to the same pan and stir everything for a minute or two till well heated and mixed condition.
6. Garnish with basil or other chopped herbs. Also you can add grated cheese.
7. Serve and enjoy.

Dill zucchini noodles



Prep time: 8 minutes

Cooking time: 5 minutes

Ingredients:

- Two large zucchini, spiralized
- Three tablespoons olive oil
- 1/2 teaspoon dill
- One clove garlic
- One dash onion powder
- One dash black pepper

Directions:

1. Heat olive oil over medium low heat. Add the garlic.
2. Add the zucchini and the rest of the spices.
3. Stir constantly for up to five minutes. Serve warm.

Sweet potato mushroom spinach cream noodles



Prep time: 5 minutes

Cooking time: 7 minutes

Ingredients:

- Two large sweet potatoes, spiralized
- Two cups spinach
- 1/2 cup sliced white or aroma mushrooms
- 1/2 cup coconut cream
- 1/4 teaspoon sea salt
- 1/4 teaspoon rosemary
- One dash black pepper
- Two cloves finely chopped garlic
- Three tablespoons olive oil

Directions:

1. Heat up the olive oil over medium heat. Add the garlic, mushrooms and spiralized sweet potato noodles.
2. Add the spinach and stir constantly.
3. Add the salt, rosemary and pepper.
4. Stir in the coconut cream.
5. Cook for 7 minutes or until sweet potato noodles are tender.

Butternut squash thyme olive oil noodles



Prep time: 7 minutes

Cooking time: 7 minutes

Ingredients:

- One butternut squash, cut in half and spiralized
- Three tablespoons olive oil
- 1/4 teaspoon sea salt
- 1/4 teaspoon thyme
- One dash black pepper

Directions:

1. Heat the olive oil over medium heat.
2. Add the butternut squash noodles and stir.
3. Stir in the sea salt, thyme and black pepper.
4. Cook for 7 minutes until the noodles are tender. Serve as is or with sauce.

Garlic and onion beet noodles



Prep time: 5 minutes

Cooking time: 5-7 minutes

Ingredients:

- Three large beets, spiralized
- Two cloves garlic, finely chopped
- Three tablespoons olive oil
- 1/4 teaspoon sea salt
- 1/4 teaspoon black pepper

Directions:

1. Heat the olive oil over medium high heat.
2. Stir in the beet noodles. Add the sea salt, pepper and garlic.
3. Continue stirring for 7 minutes or until the beet noodles are ready. Serve as is or with sauce.

Celeriac cashew noodles



Prep time: 5 minutes

Cooking time: 7 minutes

Ingredients:

- One celeriac (celery root), spiralized
- Three tablespoons coconut oil
- 1/2 cup coconut milk
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- One onion, spiralized
- One tablespoon cashew butter

Directions:

1. Heat the coconut oil over medium heat.
2. Add the celeriac and stir in the salt and pepper.
3. Add the onion and stir constantly.
4. Add the coconut milk and cashew butter.
5. Cook for 7 minutes or until the celeriac noodles are tender.

Snacks and sides

Snack Noodle Waffle



Prep time: 10 minutes

Cooking time: 15 minutes

Ingredients:

- Half tbsp extra virgin olive oil
- Two big parsnips, peeled and spiralized. Noodles should be trimmed
- 1/4 tsp garlic powder
- Salt and pepper
- One big egg, beaten
- Three tbsp chives, chopped
- Two tsp lemon juice

Directions:

1. Switch on and heat a Belgian waffle iron.
2. Take a big skillet and put it over a medium heat adding the olive oil.
3. When oil is heated, put the parsnip noodles seasoned with salt, pepper and garlic powder. Cover a skillet and leave it for about 5 minutes until noodles become cooked.
4. When ready put the noodles into a bowl with the egg and chives and mix them.
5. Spray the iron with cooking spray and add in the achieved parsnip mix.
6. Cook up to the waffle iron's settings.
7. Take out and serve.

Potato Onion Snacks



Prep time: 10 minutes

Cooking time: 10 minutes

Ingredients:

- Two pounds baking potatoes, peeled and shredded
- One medium onion, grated
- Six tbsp flour
- Two big eggs, beaten
- Salt and pepper
- 1/2 cup vegetable oil

Directions:

1. Combine the onion, potatoes, flour and eggs in a bowl adding salt with pepper on taste.
2. Heat 1/4 cup of oil in a pan.
3. Pour 1/2 cup of achieved mixture into a pan, spreading it slightly.
4. Cook about seven minutes over medium heat until starting to brown, then turn and cook for four minutes more.
5. Serve.

Zucchini and tahini snack



Prep time: 5 minutes

Cooking time: N/A

Ingredients:

- One spiralized zucchini
- One tablespoon tahini
- One tablespoon apple cider vinegar
- One pinch sea salt

Directions:

1. Combine the tahini, vinegar and sea salt in a bowl using a spoon.
2. Add the zucchini and use your hands to massage in the dressing.
3. Serve as a side or enjoy as a simple snack.

Sweet potato chickpea dish



Prep time: 5-7 minutes

Cooking time: 8 minutes

Ingredients:

- One large sweet potato, spiralized
- One cup cooked chickpeas, washed and drained
- One onion, chopped
- One clove garlic, chopped
- Two tablespoons olive oil
- One tomato, chopped

Directions:

1. Heat the olive oil in a frying pan over medium high heat. Add the garlic, tomato and onions. Stir.
2. Add the sweet potato and stir for 5 minutes.
3. Add the chickpeas and cook for another 2-3 minutes.
4. Serve as a simple snack or side dish.

Carrot simple snack salad



Prep time: 5 minutes

Cooking time : N/A

Ingredients:

- 2 large carrots, spiralized
- One tablespoon almond butter
- One pinch sea salt
- 1/4 cup raisins
- One teaspoon apple cider vinegar

Directions:

1. Stir the almond butter, sea salt and apple cider vinegar together in a bowl.
2. Add the carrots and raisins. Use your hands to distribute the dressing evenly.
3. Serve as a side salad or as a quick snack on the go.

Shrimp Spring Roll



Prep time: 20 minutes

Ingredients:

- Twenty spring roll skins
- One pound shrimp, cooked and peeled
- Two big zucchini
- One cup shredded carrots
- One red bell pepper
- One handful basil leaves
- One bunch green onions
- Half tsp salt
- 1/4 tsp garlic powder
- 1/4 tsp cayenne pepper

Directions:

1. Take a cake pan and fill it with water and put aside.
2. Take a shrimp and add salt, cayenne pepper, and garlic powder.
3. Spiralize zucchini, green onion and shave red pepper into thin strips.
4. Put the spring roll skins to the water and hold for about 10 seconds. Then flat them and put 2-3 shrimp with basil leaves. Put a little portion of each vegetable on the top.
5. Roll and serve.

Spinach onion buckwheat snack pancakes



Prep time: 5 minutes

Cooking time: 10 minutes

Ingredients:

- One large onion, spiralized
- One cup spinach
- One cup buckwheat flour
- Two tablespoons olive oil
- Dash garlic powder
- Pinch sea salt
- 3/4 cup water

Directions:

1. In a mixing bowl, combine the water, buckwheat flour, garlic powder, and salt.
2. Heat the olive oil over medium heat.
3. Add the onion and spinach to the buckwheat mixture. Stir in gently.
4. Pour the batter onto the frying pan. When the pancake begins to bubble, flip the pancake.
5. Repeat until all of the batter has been used.
6. Serve with a salad or along with soup.

Apple potato pan



Prep time: 5 minutes

Cooking time: 8 minutes

Ingredients:

- One apple, spiralized
- One potato, spiralized
- One clove garlic, chopped
- Two tablespoons coconut oil

Directions:

1. Warm the coconut oil over medium high heat. Add the garlic.
2. Add the apple and potato. Saute for 8 minutes. Serve with coconut yogurt as a delicious side dish.

Desserts

Cinnamon Honey Dessert



Prep time: 5 minutes

Cooking time: 20 minutes

Ingredients:

- Two cups spiralized and packed carrots
- Two tbsp and quarter tsp coconut oil
- Two tbsp honey
- Two tsp cinnamon

Directions:

1. Put spiralized carrots on a pan oiled with coconut oil and cook over high heat for 5 minutes.
2. Put the rest of coconut oil, honey, and 2 tsp cinnamon into a pot and cook over low heat until melted. Don't forget to stir to exclude burning.
3. Take obtained sauce and add it to the carrots.
4. Place achieved mix to the stove over medium heat for about 15 minutes until carrots become soft.
5. Serve while warm.

Carrot Griddle Cake



Prep time: 25 minutes

Cooking time: 20 minutes

Ingredients:

- Two big carrots, spiralized
- 6 oz butter
- 2/3 cup honey
- 4.5 oz dried apricots, chopped
- 1 oz walnuts
- 0.77 lb porridge oats, chopped

Directions:

1. Set oven to 356 F. Put and grease a square baking tray 10x10 inch.
2. Heat the honey and butter in a pan until melted.
3. Combine rest of the ingredients all together to obtain a mixture.
4. Pour the achieved mixture to the tray.
5. Bake for 20 minutes until it becomes slightly golden.
6. When ready take out from the oven and cut into rectangles.
7. Serve.

Apple coconut cream



Prep time: 5 minutes

Cooking time: 7 minutes

Ingredients:

- Two apples, spiralized
- Three tablespoons maple syrup
- One teaspoon cinnamon
- One tablespoon coconut oil
- One cup whipped coconut “cream”

Directions:

1. In a saucepan, stir in the coconut oil, maple syrup and cinnamon over low heat.
2. Stir in the spiralized apple and simmer for 7 minutes.
3. Serve topped with coconut cream or another vegan cream.

Apple Sweet Noodles



Prep time: 7 minutes

Cooking time: 10 minutes

Ingredients:

- One apple, spiralized
- 1/2 tbsp Coconut oil
- Cinnamon
- Coconut flakes

Directions:

1. Spiralize apple.
2. Melt coconut oil in a pan over medium heat.
3. Sautee obtained apple noodles in coconut oil until warmed and put them on your serving plate.
4. Put the coconut flakes in the same pan over medium heat until they become toasty and brown.
5. Put the coconut on the top of your noodles.
6. Serve and enjoy.

Sweet potato cinnamon cashew crunch



Prep time: 7 minutes

Cooking time: 8 minutes

Ingredients:

- One spiralized sweet potato
- 4 tablespoons maple syrup
- One tablespoon coconut oil
- 1/4 teaspoon nutmeg
- 1/4 teaspoon ginger powder
- 1 teaspoon vanilla extract
- One teaspoon coconut sugar
- 1/2 cup cashews
- One tablespoon cooked oats

Directions:

1. In a saucepan over medium heat, add maple syrup, coconut oil, nutmeg, vanilla and ginger. Melt the coconut oil.
2. Add the sweet potato and stir consistently for eight minutes. Stir in the cashews and oats before removing from heat.
3. Top with the sprinkling of coconut sugar. Additionally, delicious topped with coconut or almond milk ice cream.

Apple crisp



Prep time: 6 minutes

Cooking time: 8 minutes

Ingredients:

- Two large apples, spiralized
- 1 teaspoon cinnamon
- 4 tablespoons maple syrup, agave or honey
- Two tablespoons almond oil
- 1/2 cup crunchy rolled oats
- One teaspoon coconut sugar
- 1/4 cup chopped dates or raisins

Directions:

1. Heat the maple syrup and almond oil over medium heat. Add the cinnamon and apples and stir consistently.
2. Add the dates or raisins.
3. Allow to simmer for 8 minutes.
4. Top with the coconut sugar and crunchy oats.
5. Serve with vanilla coconut ice cream or vegan whipped cream.

Pear rice pudding



Prep time: 5 minutes

Cooking time: 15 minutes (varies according to type of rice, whole grain brown rice can take much longer to cook)

Ingredients:

- Two (firm!!) spiralized pears
- One cup rice
- Two cups coconut milk
- One teaspoon vanilla extract
- Three tablespoons agave nectar

Directions:

1. Follow the directions regarding the cooking of your rice (brown rice will cook longer).
2. Just before all the water has been absorbed into the rice, reduce heat to medium, add the coconut milk and stir.
3. Add the vanilla extract and agave.
4. Simmer until all of the coconut milk has been absorbed.
5. Top with the spiralized pear and vegan cream.

Pear chocolate pudding



Prep time: 5 minutes

Cooking time: N/A

Ingredients:

- One pear spiralized (must be firm to spiralize properly)
- Two ripe avocados
- 1 seedless dates
- One teaspoon vanilla extract
- 1/4 cup cocoa powder

Directions:

1. In a high speed blender, add the avocados, dates, vanilla and cocoa powder. Blend on high until all of the ingredients are smoothly blended.
2. Top with the spiralized pear. Garnish with vegan whipped cream, if desired.

Sauces

Onion sauce



Prep time: 5 minutes

Cooking time: 10 minutes

Ingredients:

- 2 onions, spiralized
- One cup coconut milk
- One clove garlic, finely chopped
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- Two tablespoons olive oil

Directions:

1. Heat olive oil over medium heat. Add the onions and garlic.
2. Stir in the coconut milk and add the salt and pepper.
3. Allow to simmer for 10 minutes. Serve over spiralized noodles or with your favorite whole food crackers or toast.

Pepper coconut curry



Prep time: 5 minutes

Cooking time: 8 minutes

Ingredients:

- One red pepper, spiralized
- One yellow pepper, spiralized
- One green pepper spiralized
- Three tablespoons coconut oil
- One cup coconut milk
- 1/4 teaspoon sea salt
- 1/4 teaspoon pepper
- 1/4 teaspoon your favorite curry spice blend

Directions:

1. Heat the coconut oil over medium heat.
2. Add the peppers, salt and pepper, curry and coconut milk.
3. Allow to simmer for 8-10 minutes. Serve with rice or spiralized noodles.

Sweet potato spicy sauce



Prep time: 5 minutes

Cooking time: 8 minutes

Ingredients:

- One spiralized sweet potato
- Three tomatoes, chopped
- Two cloves garlic, finely chopped
- One teaspoon black pepper
- 1/4 teaspoon sea salt
- 1/4 teaspoon chilli powder
- Three tablespoons coconut oil

Directions:

1. Heat the coconut oil over medium high heat.
2. Cut the sweet potato noodles down into small bits.
3. Add the sweet potato and tomatoes to the oil and stir.
4. Next stir in the garlic, pepper, sea salt and chilli powder.

Simmer for 8-10 minutes.

Zucchini onion sauce



Prep time: 7 minutes

Cooking time: 7 minutes

Ingredients:

- One zucchini, spiralized and cut into small pieces
- One onion, spiralized
- Three tablespoons olive oil
- One cup coconut milk
- 1/4 teaspoon sea salt
- 1/4 teaspoon black pepper
- One clove garlic, chopped

Directions:

1. Heat the olive oil over medium heat.
2. Add the zucchini, onion, garlic, black pepper and salt.
3. Stir constantly and add the coconut milk.
4. Continue to stir and simmer for 7-8 minutes.

Spinach celeriac sauce



Prep time: 5 minutes

Cooking time: 8 minutes

Ingredients:

- One large celeriac (celery root), spiralized
- One cup spinach
- One clove garlic, chopped
- 1/2 onion, spiralized
- 1/4 teaspoon dill
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- Two tablespoons olive oil

Directions:

1. Heat the olive oil over medium high heat.
2. Add the garlic and celeriac.
3. Stir in the salt, pepper and herbs.
4. Allow to simmer for 8 minutes. Serve with noodles.

Conclusion

At first glance, one might think a spiralizer is good just for zucchini noodles and nothing else. However, this book is solid proof of the versatility of the spiralizer. Experiencing the many options can allow you to inspire, refresh and reinvent your diet and kitchen. By now, you should be witness to the fun and healthy ways the spiralizer can uplift your diet and cooking.

Note from the author:

If you've enjoyed this book, I'd greatly appreciate if you could leave an honest review on Amazon.

Reviews are very important to us authors, and it only takes a minute for to post.

Thank you

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