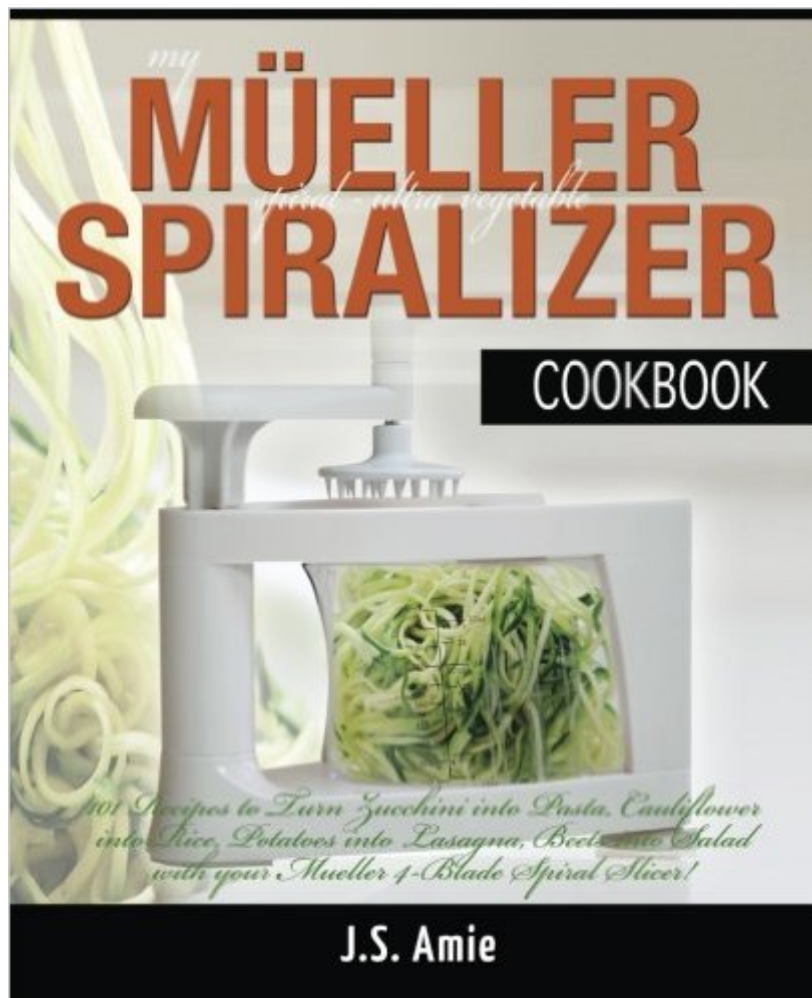


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# My Mueller Spiral-Ultra Vegetable Spiralizer Cookbook: 101 Recipes To Turn Zucchini Into Pasta, Cauliflower Into Rice, Potatoes Into Lasagna, Beets ... (Vegetable Spiralizer Cookbooks) (Volume 4)





## 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. Amie's™ Vegetable Spiralizer Cookbook series. Her spiralizer books were the first on the market, and they're still the best! Why? Because the recipes are tried, tested, and mouthwateringly delicious! Here's a preview of what's inside... A Full Range of Dishes: • Soups • Salads • Main Dishes • Sides • Desserts Comprehensive Instructions: • How to use your Mueller spiralizer • How to choose the right vegetables for spiralizing • Pro tips for perfect spiralized foods Special Diets: • Gluten-Free • Paleo • Low-Carb / Weight Loss • Vegetarian / Vegan • (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, Gemüseschneider, gemüse spiralizer. Get your copy today! Click the "add to cart" button and buy RISK FREE. (FREE SHIPPING for Prime members)

## Book Information

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## Customer Reviews

I had recently gotten my Mueller Spiralizer and found some decent spiralizer recipes online, but then I got this book and I'm SO glad I did. Now it's as if my zucchini spaghetti maker is in the hands of an expert chef. My kids are crazy about zoodles and everything I prepare with these recipes. They

have no idea they're eating so healthy...highly recommend this book!

I received a free Kindle edition of this. I don't have a MÅ eller Spiral-Ultra Vegetable Spiralizer, I have an Inspiralizer, a Vegetti, and also a Paderno. I did read the section on using the MÅ 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 just noticed this book and picked it up. It's even better than the author's previous book. Briefly: the first part of the book talks about the Mueller Spiralizer - how to use it, what to put in it, how to be safe and not get cut by it, etc. I found a lot of great photos showing me how to use the blades, and good advice on spiralizing in general. The second part of the book contains recipes - various soups, salads, sides, main dishes and desserts...all done with spiralized vegetables (or fruit). What I like about her recipes is that they are reminiscent of classic pasta and noodle recipes, but featuring spiralized vegetables instead of regular pasta or noodles. I've tried a number of these books. This one has a ton of recipes that are well thought out, well presented, and absolutely delicious!

This is the best book I've read about Spiralizer. It is as always divided into chapters, but the difference is that in one of them, at the beginning tells us what kind of vegetable can be used with the blades of the machine, whether can we eat them raw or boiled or steamed or roasted and how to make with them: noodles, rings, crescent, flat noodles and rice. In other chapters there are one hundred recipes as soups, salads, sides, entrées and desserts very easy to read and make, with the information of calories, sel, dietary fiber, fats and carbs and the adding information whether the

recipe is Gluten free, paleo, vegetarian, vegan and for weight loss. To sum up a very good book full of ideas and other more you can discover.

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.

This is a must-have book for a newbie to spiralizing with the Mueller Spiralizer. Even tho' the machine is fabulous and it is quick to learn how to use, the initial set-up instructions provided by Mueller seem to be woefully lacking. This cookbook lays out what vegetables and fruits are best to use, what shapes the blades produce, how to handle the preparation of the vegetables and fruits (e.g. raw, boiled, stir fry, etc.), and recipes that will tempt any tastebuds. Substitutions are given for ingredients that make the recipes conform to alternative diets (e.g. vegan, paleo). I can see a lot of fun with my food in the future. Because I am a Prime member, the Kindle Edition of the Cookbook was offered for .99 -- a value too hard to pass up.

After I purchased my Mueller 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.

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