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Start with a raw zucchini noodle. This is just a great way to incorporate spiralized veggies into your current diet... 2. Explore more with the raw zucchini noodle.

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7 Fun & Plant-Powered Spiralizer Recipes. Time to bring the fun into your own kitchen with these seven, plant-powered spiralizer recipes! Breakfast becomes the most interesting meal of the day with the Cinnamon Pear Cranberry Crumble. And the Cucumber, Carrot, and Beet Orange Miso Salad and Thai Peanut Rainbow Noodles are (almost!) too pretty ...

### ~~Spiralizer Recipes: How to Use & What to Make With Your ...~~

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### ~~The Spiralizer Recipe Book: From Apple Coleslaw to ...~~

Thanks to the nifty spiralizer, raw vegetable "oodles" can be cranked out in a jiff. Packed with plant-based ribbons, whole grains, cabbage, peas, nuts, and herbs, this version of Pad Thai is satisfying and refreshingly raw, saving 400 calories over the classic.

### ~~Swoon-Worthy Spiralizer Recipes You Need to Try | Cooking ...~~

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### ~~Spiralizer recipes - BBC Good Food~~

These spiralizer recipes are packed with fiber, vitamins, and delicious flavor (with none of the fog-inducing gluten). Related: 18 Recipes for Shirataki Noodles That ' ll Blow Your Mind (Not Your Diet) You can use all kinds of vegetables for spiralizer recipes. Look for produce with no pits or seeds, and no hollow insides.

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