

INSPIRALIZED & BEYOND

SPIRALIZE • CHOP
RICE • MASH
YOUR VEGETABLES
INTO CREATIVE,
DELECTABLE MEALS



ALI MAFFUCCI

New York Times bestselling author of *Inspiralized*

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Your Vegetables Into
Creative, Craveable Meals:
A Cookbook (pdf) Ali
Maffucci**

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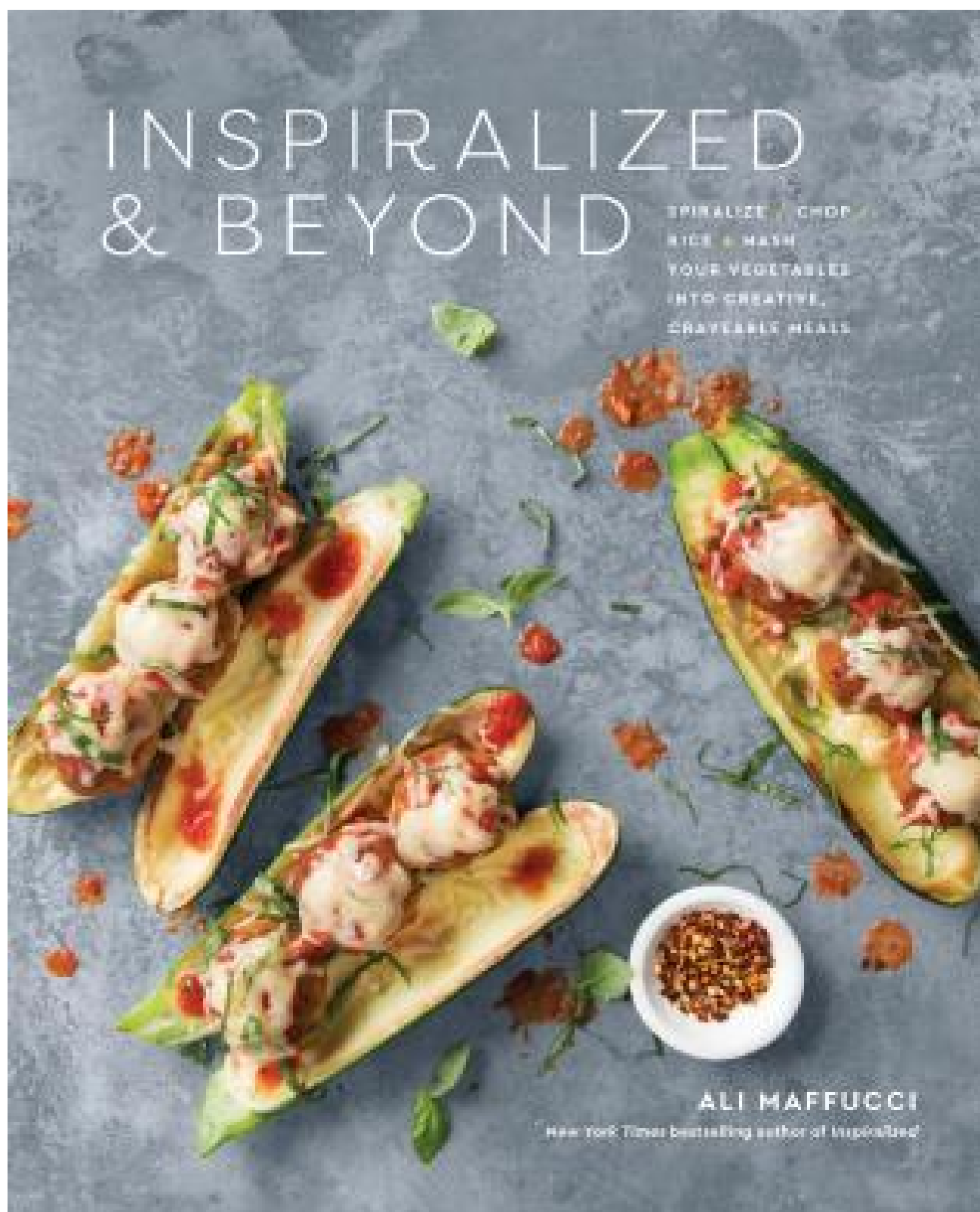
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Synopsis book

Spiralizing isn't just about noodles anymore, so blogger Ali Maffucci satisfies paleo, vegan, vegetarian, and gluten-free diets with 125 healthy recipes for vegetarians and meat-eaters alike. "Ali continues her genius spiralizing but adds in a number of other ways to approach vegetables, to make it easy to get your five (or more!) a day." --

MindBodyGreenFor the first time, Ali Maffucci, founder of the healthy culinary brand Inspiralized, is going beyond expectations--and beyond spiralizing. In this book she shows you a myriad of additional ways to add nutrients to your diet, reach a personal health goal, or just make good-for-you meals at home. Sweet potato slabs replace toast, cauliflower becomes pizza crust, broccoli turns into tots, avocado gets moussed, jackfruit mimics pulled meat--and that's just the beginning. Among the brand-new recipes, complete with nutritional information, you'll find Rainbow Lasagna, Apple French Toast, and Cauliflower Steaks with Chimichurri. Rest

Inspiralized and Beyond: Spiralize, Chop, Rice, and MASH Your Vegetables Into Creative, Craveable Meals: A Cookbook by Ali Maffucci



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INSPIRALIZED & BEYOND

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RICE & MASH
YOUR VEGETABLES
INTO CREATIVE,
CRAVEABLE MEALS



ALI MAFFUCCI

New York Times bestselling author of *Inspiralized*

Spiralizing isn't just about noodles anymore, so blogger Ali Maffucci satisfies paleo, vegan, vegetarian, and gluten-free diets with 125 healthy recipes for vegetarians and meat-eaters alike. "Ali continues her genius spiralizing but adds in a number of other ways to approach vegetables, to make it easy to get your five (or more!) a day." --MindBodyGreenFor the first time, Ali Maffucci, founder of the healthy culinary brand Inspiralized, is going beyond expectations--and beyond spiralizing. In this book she shows you a myriad of additional ways to add nutrients to your diet, reach a personal health goal, or just make good-for-you meals at home. Sweet potato slabs replace toast, cauliflower becomes pizza crust, broccoli turns into tots, avocado gets moussed, jackfruit mimics pulled meat--and that's just the beginning. Among the brand-new recipes, complete with nutritional information, you'll find Rainbow Lasagna, Apple French Toast, and Cauliflower Steaks with Chimichurri. Rest

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Description

Spiralizing isn't just about noodles anymore, so blogger Ali Maffucci satisfies paleo, vegan, vegetarian, and gluten-free diets with 125 healthy recipes for vegetarians and meat-eaters alike. "Ali continues her genius spiralizing but adds in a number of other ways to approach vegetables, to make it easy to get your five (or more!) a day." --MindBodyGreenFor the first time, Ali Maffucci, founder of the healthy culinary brand Inspiralized, is going beyond expectations--and beyond spiralizing. In this book she shows you a myriad of additional ways to add nutrients to your diet, reach a personal health goal, or just make good-for-you meals at home. Sweet potato slabs replace toast, cauliflower becomes pizza crust, broccoli turns into tots, avocado gets moussed, jackfruit mimics pulled meat--and that's just the beginning. Among the brand-new recipes, complete with nutritional information, you'll find Rainbow Lasagna, Apple French Toast, and Cauliflower Steaks with Chimichurri. Rest

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