



## Inspiralized: Turn Vegetables into Healthy, Creative, Satisfying Meals

By Ali Maffucci

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**Inspiralized: Turn Vegetables into Healthy, Creative, Satisfying Meals** By Ali Maffucci

**NEW YORK TIMES BESTSELLER**

**The definitive cookbook for using a spiralizer: the kitchen gadget that turns vegetables and fruits into imaginative, low-carb dishes.**

On her wildly popular blog, *Inspiralized*, Ali Maffucci is revolutionizing healthy eating. Whether you're low-carb, gluten-free, Paleo, or raw, you don't have to give up the foods you love. *Inspiralized* shows you how to transform more than 20 vegetables and fruits into delicious meals that look and taste just like your favorite indulgent originals. Zucchini turns into pesto spaghetti; jicama becomes shoestring fries; sweet potatoes lay the foundation for fried rice; plantains transform into "tortillas" for huevos rancheros.

Ali's recipes for breakfast, snacks, appetizers, sandwiches, soups, salads, casseroles, rices, pastas, and even desserts are easy to follow, hard to mess up, healthful, and completely fresh and flavorful. Best of all, she tells you how to customize them for whatever vegetables you have on hand and whatever your personal goal may be—losing weight, following a healthier lifestyle, or simply making easy meals at home.

Here, too, are tons of technical tips and tricks; nutritional information for each dish and every vegetable you can possibly spiralize; and advice for spiralizing whether you're feeding just yourself, your family, or even a crowd. So bring on a hearty appetite and a sense of adventure—you're ready to make the most of this secret weapon for healthy cooking.

*From the Trade Paperback edition.*

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## **Inspiralized: Turn Vegetables into Healthy, Creative, Satisfying Meals** By Ali Maffucci Bibliography

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### Editorial Review

Review

**"Ali's super smart, super clean recipes will bring a smile to your heart and your tummy! Her story is as authentic and inspiring as they come. She's bringing totally new recipes to your table, next!"**

-Candice Kumai, bestselling author of *Clean Green Eats* and E! News Contributor

About the Author

Combining her inherent Italian-American love for pasta with her commitment to a healthy lifestyle, **ALI MAFFUCCI** launched *Inspiralized.com*. She lives in Jersey City with her fiancé, Lu.

### Users Review

**From reader reviews:**

**Christopher Hartwick:**

Book is usually written, printed, or outlined for everything. You can realize everything you want by a book. Book has a different type. To be sure that book is important thing to bring us around the world. Close to that you can your reading ability was fluently. A publication *Inspiralized: Turn Vegetables into Healthy, Creative, Satisfying Meals* will make you to be smarter. You can feel more confidence if you can know about anything. But some of you think that open or reading the book make you bored. It is not make you fun. Why they might be thought like that? Have you seeking best book or suited book with you?

**Robert Lee:**

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