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Cookbook author Donna Currie is also a product tester and writer for The Spruce Eats. She loves the cost-effectiveness and DIY nature of making her own veggie noodles. Having reviewed three of the six tools in this roundup, she appreciates a spiralizer that is easy and comfortable to use—and gives bonus points if it's also fun.

25 Easy Veggie Spiralizer Recipes (+Tips) - Gathering Dreams

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Weight Loss Vegetable Spiralizer Cookbook Realistically, most recipes that rely on a spiralizer are probably already good for weight loss but it's nice to see a book that focuses on this area. The book itself is well-designed, with some information about effectively spiralizing vegetables and a discussion of spiralizing and weight loss.

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3. Place the vegetables on the spiralizer. Make sure the spiralizer is firmly and securely in place on your table or kitchen worktop. Place the vegetable on the spiralizer, and make sure the vegetable is aligned with the central blade. 4. Spiralize! This is the fun part: turn the handle and watch your veggies transforming into noodles!

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Details of Spiralizer Cookbook Original
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Spiralizer Recipes Vegetarian | Dandk Organizer

Rated 4 out of 5 by Sandy241 from Useful cookbook I made one of the recipes from this book last night and it was excellent, looking forward to trying more. This is a nice addition to the spiralizer gadget, clearly explains some techniques to make it work more effectively, explains how to use each blade.

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Books by David Richards (Author of Spiralizer Cookbook)

Originally, The Moosewood Cookbook came out in 1974 as a self-published, spiral-bound notebook that the founder of the Moosewood Restaurant in Ithaca, N.Y planned to sell to customers and give to kitchen staff. The author, Mollie Katzen, thought the book was a great way to standardize the restaurant's

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