

# The Big 10 Paleo Spiralizer Cookbook 10 Vegetables to Noodle 100 Healthy Spiralizer Recipes 300 Variations

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## BOOK DETAILS

- Author : Megan Flynn Peterson
- Pages : 190 Pages
- Publisher : Rockridge Press
- Language : English
- ISBN : 1623158966

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## BOOK SYNOPSIS

Provides instructions for preparing Chinese-style appetizers, meat, poultry, seafood, egg dishes, vegetables, rice dishes, egg rolls, and sauces, and gives information on menus and cooking techniques

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