



Zoodles Spiralizer Cookbook: A Vegetable Noodle and Pasta Cookbook

Sonnet Laubert

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Swap those high-carb noodles for low-carb zoodles. Spiralize your way into a more veggie-filled diet with *Zoodles Spiralizer Cookbook*, your complete resource for turning your favorite produce into delicious pasta.

Working more vegetables into your diet can be challenging. But it doesn't have to be! From restaurant chefs to home cooks, hip foodies to working moms, spiralizing is becoming increasingly popular as a way to enjoy healthier versions of the pasta and noodle dishes you love to eat. You'll get all the benefits of nutrient-rich vegetables with all the satisfaction of your favorite flavors.

Certified Health Coach and food blogger Sonnet Lauberth offers new takes on your favorite noodle dishes and shows you how to transform produce into pasta. Her popular blog, *In Sonnet's Kitchen*, is aimed at helping others eat healthier. The original recipes in *Zoodles Spiralizer Cookbook* are as delicious as they are nutritious, because Sonnet knows that if food doesn't taste great you won't eat it, no matter how healthy it may be.

With *Zoodles Spiralizer Cookbook* you'll create your favorite pasta and noodle recipes free of carbs, gluten, refined sugars, and grains, but packed with the one thing we *all* want...flavor! Whether you prefer your zoodles light or hearty, on a plate or in a bowl, raw or al dente, the unique dishes in this spiralizer cookbook will satisfy your craving for pasta while changing the way you think about—and eat!—your veggies.

In *Zoodles Spiralizer Cookbook* you'll find useful information such as:

- 75 fresh, flavorful zoodle recipes for pastas, soups, noodle dishes, and salads
- the benefits of different spiralizer models
- guidance on the best vegetables to use
- technical tips for success and safety in the kitchen

You don't have to give up pastas and noodles to eat healthier. *Zoodles Spiralizer Cookbook* shows you how to easily transform your favorite noodle dishes into low-carb zoodle dishes.

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