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Spiralized Zucchini Pasta with Creamy Avocado Sauce Recipe 1

zucchini, spiralized 2 avocados 1/2 lemon, juiced 23 cloves garlic

(or less, if desired), minced 2 ...

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Carot, and Beet Orange Miso Salad and Thai Peanut Rainbow  
Noodles are (almost!) too pretty ...  
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Thanks to the nifty spiralizer, raw vegetable "oodles" can be cranked out in a jiff. Packed with plant-based ribbons, whole grains, cabbage, peas, nuts, and herbs, this version of Pad Thai is satisfying

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and refreshingly raw, saving 400 calories over the classic.

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get a cookbook of your choice ... Brunch with a difference, bake

these addictive, mini spiralized potato nests ahead of time then

crack in the eggs and cook when your guests arrive 55 mins . Easy .

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Gluten-free . Baked carrot & nigella seed bhajis with raita.

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These spiralizer recipes are packed with fiber, vitamins, and delicious flavor (with none of the fog-inducing gluten). Related: 18 Recipes for Shirataki Noodles That'll Blow Your Mind (Not Your Diet) You can use all kinds of vegetables for spiralizer recipes. Look for produce with no pits or seeds, and no hollow insides.

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