



*Talking Points for 150 Best Spiralizer Recipes:*

- What do I need to know before I purchase a spiralizer?
- Why are the blades so important?
- What are the best fruits and vegetables for spiralizing?
- What do I need to have in my spiralizing pantry?
- What are your Quick Tips for Best Results
- Replace your pasta with vegetable noodles and reduce your caloric intake + lower your intake of carbs
- Can I make gluten-free recipes? What about paleo? Raw? Vegan?
- Ideal for stir-fries, soups, salads, side dishes, garnishes, entrees, appetizers, desserts and everything in between
- Revamp / update old favorites and classic recipes