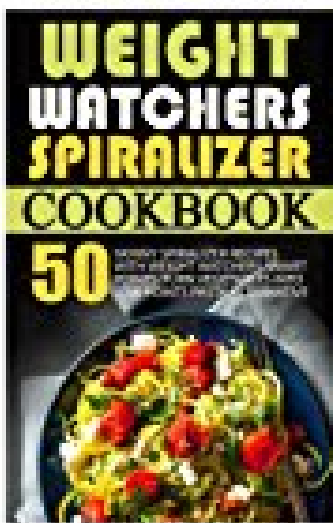


# Weight Watchers Spiralizer Cookbook

## 50 Skinny Spiralizer Recipes With Weight Watchers Smart Points-Turn Vegetables Into Low Points Pasta Alternative

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### BOOK DETAILS

- Author : Stefan Gerula
- Pages : 98 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1542844789

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## BOOK SYNOPSIS

Everyone loves pasta but some dieters are wary of including it in their weight loss plan because they think its fattening. Not so. Low Point Pasta has more than 60 pasta recipes that are full of gutsy flavours, but which are low in fat and calories. As well as familiar Italian-inspired dishes, there are Oriental noodles, Californian pasta with fresh-tasting salsa and recipes from Turkey and the Caribbean. The recipes are accompanied by colourful, enticing photography that just makes you want to start cooking.

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