



Spiralizer Cookbook: 100 Veggie Friendly Spiralizer from Sweet Potato, cucumber and Vegan

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Spiralizer Cookbook: 100 Veggie Friendly Spiralizer from Sweet Potato, cucumber and Vegan Heviz's Spiralized veggies are naturally low calorie, low carb, low sugar, high fibre and unprocessed. These are some of the most critical elements of weight loss. The high fibre and water content of veggies also promotes that feeling of fullness that is so important in not starving yourself! Spiralizing should be a lifestyle, not a diet – but you can certainly use Spiralized foods to significantly reduce your calorie and carb intake. It is extremely important to consume carbohydrates as they play a significant role in our bodily functions and health – but consuming the right kind of carbohydrates is imperative. It is not necessary to consumer carbs in the form of breads or pasta – in fact, I highly recommend spiralized sweet potatoes as one of the highest carbohydrate vegetables. Make it easier to eat more and weigh less by spiralizing.

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