

Download Inspiralized Turn Vegetables Into Healthy Creative Satisfying Meals

The term “clean eating” has a different definition to everyone, but it’s all about eating the best foods that you possibly can—and eating less of the not-so-good-for-you foods. Eating more ancient grains, vegetables, and fruit is a great place to start. Also, cutting out sugars and junk food is also a huge step in the right direction. Amazon.com: Mueller Spiral-Ultra Multi-Blade Spiralizer, 8 into 1 Spiral Slicer, Heavy Duty Salad Utensil, Vegetable Pasta Maker and Mandoline Slicer for Low Carb/Paleo/Gluten-Free Meals: Kitchen & DiningNotes. This recipe makes MORE than enough sauce – enough for at least 6 or 8 servings, if not more. I left the amounts that way because it seemed silly to make the sauce with only about 1/2 cup of cashews – it wouldn’t even really be enough to get going around in the blender, and I promise you’ll be able to find ways to use the remaining sauce. I was craving something cheesy for dinner last night, and I had spaghetti squash sitting in my counter without a plan, so I came up with this tasty dish. When my husband heard what I was making, he didn’t sound too excited, but after he ate he thought it was pretty good. If you’ve never had ...