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The reverse taper on the top is one of the better innovations we ' ve seen with the hand held models, allowing you to get the vegetable closer to the blades without risking losing your fingertips. For a high-quality, versatile, handheld vegetable spiralizer the Kufu takes the cake.

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5 Best Vegetable Spiralizer Reviews (Updated 2020)

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This spiralizer handles carrots, courgettes and cucumbers easily. Squash and beetroot need to be cut carefully to spiralize effectively. We were impressed by the speed of the machine and the minimal pressure needed to operate it. mpressed by the speed of the machine and the minimal pressure needed to operate it.

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Best spiralizer 2020 – hand-held and electric - BBC Good Food

Cookbook author Donna Currie is also a product tester and writer for The Spruce Eats. She loves the cost-effectiveness and DIY nature of making her own veggie noodles. Having reviewed three of the six tools in this roundup, she appreciates a spiralizer that is easy and comfortable to use—and gives bonus points if it's also fun.

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The 6 Best Spiralizers of 2020 - The Spruce Eats

The Big 10 Paleo Spiralizer Cookbook: 10 Vegetables to Noodle, 100 Healthy Spiralizer Recipes, 300 Variations by Megan Flynn Peterson | 9 May 2017 4.4 out of 5 stars 114

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Amazon.co.uk: spiralizer recipes

With a vegetable spiralizer, you can transform your 5-a-day into spaghetti-style spirals and ribbons, perfect for creating super salads, a healthy, quick-cook alternative to pasta or a host of other dishes. It couldn't be easier – just feed in your raw veg, we particularly like

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Books by David Richards (Author of Spiralizer Cookbook)

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