



Useful SpiraLife Tips

Tip 1: To prevent watery zucchini, yellow squash and cucumber noodles, place your vegetable spirals in a wire sieve or colander and salt generously, tossing strands to lightly coat. “Sweat” the noodles by letting them stand for 20-30 minutes. This removes excess water. Rinse with running water, drain well and pat dry with paper towels.

Tip 2: A bowl of spiralized noodles is about 30 calories and 6g carbs versus regular pasta at 580 calories and 121g carbs!

Tip 3: Zucchini and yellow squash can be spiralized on Sunday and used for the rest of the week for quick and healthy meals in minutes! Prep your pasta & pesto sauces for the week as well and your new lifestyle becomes easier than ordering take out! Noodles will last 3-4 days.

Tip 4: Run your knife through your spiraled noodles a few times to prevent from having noodles that are too long. This is especially helpful when making meals to serve family-style.

Tip 5: Noodles such as cucumber, zucchini and yellow squash are often best when not boiled or overly cooked but simply lightly sautéed or warmed in your sauce or soup. Too much overcooking will turn your veggies to mush and many vegetables are most nutritious raw or lightly cooked.

Tip 6: Use the wide noodle end of your SpiraLife to create delicious, homemade chips. Simply spiral zucchini, sweet potato or potato with the wide end and chop into pieces. Toss with olive oil and seasoning of choice and bake, fry or dehydrate.

Tip 7: Add spiralized veggies to your favorite baked goods. The SpiraLife makes great zucchini bread! Sneak veggies into your kid’s favorite foods!

Tip 8: Use the SpiraLife to create cucumber matchsticks to roll into your homemade sushi or spring rolls!

Tip 9: SpiraLife at work! All it takes is a zucchini, your SpiraLife and some pesto and diced chicken and you’ve got lunchtime covered! No time in the morning? Pop your SpiraLife in your lunch box and go!

Tip 10: Create amazing floral design garnishes! Use the wide end of your SpiraLife to turn carrots and long radishes into beautiful flower garnish. Simply spiral then wind the veggies up into your desire shapes. Fun!

Tip 11: Make rice out of your spiralized veggies! Spiralize your veggies, then dice them for instant rice! Awesome!