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$\pi$ banks to the $n i f t y$ spiratizer, raw egetable l"oodtes" can be cranked out in a jiff. Packed with plant-based ribbons, whole grains, cabbage, peas, nuts, and herbs, this version of Pad T hai is satisfy ing and refreshingly raw, saving 400 calories over the classic.

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These spiralizer recipes are packed with fiber, vitamins, and delicious flavor (with none of the foginducing gluten). Related: 18 Recipes for Shirataki Noodles That' II Blow Your Mind (Not Your Diet) You can use all kinds of vegetables for spiralizer recipes. Look for produce with no pits or seeds, and no hollow insides.

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