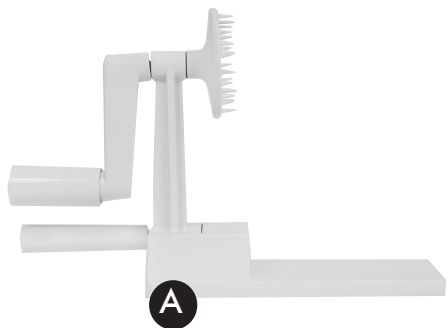


INSPIRALIZED®

the Inspiralizer®

instruction manual
& recipe guide





included parts

- A** handle body **B** Inspiralizer® body **C** safety cover

SAFETY

The Inspiralizer® comes with a safety cover to prevent injury and ensure safe storage and handling. This safety cover piece should be attached to the back of the Noodle Twister™ whenever the Inspiralizer® is not in use. Immediately after cleaning, secure the safety cover and switch The Noodle Twister™ to Blade A, as pictured above.

When the back safety cover is attached and the Noodle Twister™ is set to Blade A, no blades will be exposed. Store in this “safety mode” to avoid injury.

For extra safety, the Safety Cover can be attached during spiralizing. This is especially recommended when spiralizing with children.

GET INSPIRALIZED

Welcome to your Inspiralizer®, the kitchen gadget that will empower you to live a healthy lifestyle, by way of vegetable noodles! The Inspiralizer® was invented by the team from Inspiralized.com, the ultimate resource for spiralized cooking.

Experts in spiralizing, Inspiralized® is committed to providing you with the knowledge and tools needed to cook creatively and deliciously with the Inspiralizer®, this revolutionary kitchen countertop tool that turns vegetables into noodles.

You can find us at www.inspiralized.com!

we'd love to hear from you

@Inspiralized @TheInspiralizer

#inspiralized #getinspiralized #inspiralizer



have something to say?

If you are not 100% satisfied with the Inspiralizer® or want to give suggestions, praise or ask us anything, please direct all inquiries to inspiralizersupport@inspiralized.com.

- The Inspiralized Team

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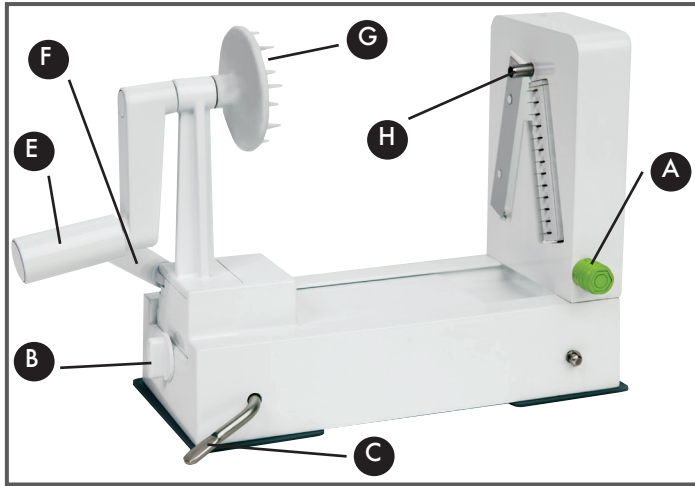
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CAUTION!

The Noodle Twister™'s blades are very sharp. Please use extreme caution when changing, using or cleaning the Noodle Twister. Do not leave the Inspiralizer® within the reach of children.

See opposite page for more details.

FEATURES



- A THE NOODLE TWISTER™**
This unique system has four different blades, which will allow you to change the shape of your noodle with a simple twist of the knob. For more information, see page 4.
- B THE STOP KNOB**
On the back of the Inspiralizer® Body, this allows easy storage. When in use, adjust the Stop Knob so that the Handle Body can slide out to accommodate the vegetable or fruit. When not in use, adjust the Stop Knob so that the Handle Body does not slide and slip out.



- C THE COUNTER CLAMPS™**
To suction the Inspiralizer® to your surface, secure with the Counter Clamps™. Press down on the Inspiralizer body and flip the lever down, from left to right until suctioned securely. To release, unclamp and pull up on the tabs on the bases.
- D THE SAFETY COVER**
This covers the pointy blades of the Noodle Twister™ to ensure safe handling. Learn more on page 1.
- E THE TURNING HANDLE**
After securing the vegetable or fruit into the Inspiralizer®, turn the handle clockwise to spiralize. Learn more on page 5.
- F THE SIDE HANDLE**
This is used for leverage when spiralizing. Learn more on page 5.
- G THE TEETH PLATE**
This secures to one end of the vegetable or fruit. Learn more on page 5.
- H THE CORING BLADE**
This secures to one end of the vegetable or fruit. Learn more on page 5.

OVERVIEW

The Inspiralizer® is the premier kitchen countertop tool to spiralize, the art of turning vegetables and fruits into noodles. To Inspiralize means to transform these healthy noodles into satisfying and delicious meals. When incorporated into a balanced diet, spiralized vegetables keep you nourished, satisfied and help promote weight loss. These noodles are naturally vegan, gluten-free and unprocessed.

For more free information and a more comprehensive overview, including tips, tutorials, instructional videos and hundreds of recipes, go to www.inspiralized.com.

What fruits and vegetables can you spiralize?

The vegetable or fruit must have a solid, firm flesh and must be at least 1.5" in diameter and at least 2" long for best spiralizing experience. If a vegetable has a pit, seeded core or is hollow, it cannot be spiralized.

Popular vegetables and fruits to spiralize include: zucchini, cucumber, beet, carrot, butternut squash, potato, radish, parsnip, turnip, broccoli, apple and pear.

What types of meals can you make with the spiralizer?

The possibilities are endless with vegetable and fruit noodles, but some meal possibilities include pastas, noodle bowls, rice, casseroles, pasta salads, salads, fries, chips, and soups.

How do you cook the spiralized vegetables and fruits?

All vegetables and fruits are different, but most can be sautéed, steamed, boiled, baked/roasted and simmered. If a vegetable or fruit can be safely eaten raw, the noodles can be eaten raw as well. For recipes, see pages 7-12.

THE NOODLE TWISTER™

With a simple twist, The Noodle Twister™ allows you to compactly and effortlessly change the slicing blade to deliver different shapes of noodles.

To use, push the center of the knob, pull outwards and then twist until your desired blade letter aligns with the triangular indicator.

Each blade yields their own distinct shape and can be used to recreate your favorite classic pasta and noodle dishes or to invent your own healthy recipes!



The noodle shapes are labeled A, B, C and D on the green knob of the Noodle Twister™ and create the following:



BLADE A
makes wide, ribbon
noodles



BLADE B
makes fettuccine
noodles



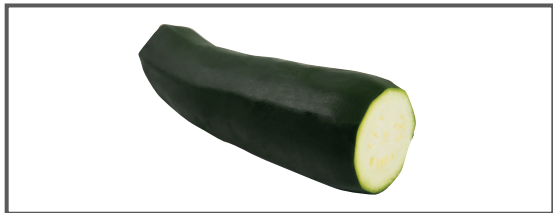
BLADE C
makes linguine
noodles



BLADE D
makes spaghetti and
angel hair pasta

HOW TO USE

Before spiralizing, you must prepare your vegetable or fruit by slicing its ends off flatly and evenly to provide the proper surface area for the Teeth Plate and Coring Blade to secure properly, pictured here:



Step 1: Use The Noodle Twister™ to choose your desired noodle shape by switching it into Blade A, B, C or D.

Step 2: Once you've prepared your vegetable or fruit, secure it into the Inspiralizer® by first aligning the center of one end of the vegetable with the Coring Blade. Then, slide the Handle Body to firmly press the Teeth Plate into the opposite end of the vegetable or fruit.

Step 3: Grasp the Side Handle for leverage and then grasp the Turning Handle. To spiralize, spin clockwise, applying pressure towards the blades.

Now, you're ready to use your vegetable or fruit noodles in a recipe. For recipes, see page 7-12.



CLEANING AND STORAGE

CLEANING

It's crucial to clean your Inspiralizer® immediately after use, to avoid stains and tarnish.

To clean, first release the Handle Body by turning the Stop Knob. Remove the Handle Body and clean using a kitchen brush with bristles. Set aside to air dry.

Next, grasp the Inspiralizer® Body and place the front of the Noodle Twister™ blades under running water and then clean, using a kitchen brush with bristles. Use caution while cleaning, careful not to let fingers touch the blades – they are extremely sharp. Turn the Inspiralizer® over and clean the back of the Noodle Twister™ blades. Clean the body and then carefully set aside to dry.

STORAGE

Once the Inspiralizer® is clean, switch the Noodle Twister™ to Blade A and attach the Safety Cover to the back of the Noodle Twister™ to cover the sharp blades. For more information, see page 1.

Slide the Handle Body into the Inspiralizer® Body and adjust the Stop Knob to contain.

When storing, handle by the Inspiralizer® Body only, careful to avoid touching the blades.



TIP: Use a round palm brush or kitchen toothbrush with sturdy bristles when cleaning the Noodle Twister™ for best leverage and results.

COOKBOOK AND RECIPES

Inspiralized: Turn Vegetables into Healthy, Creative, Satisfying Meals

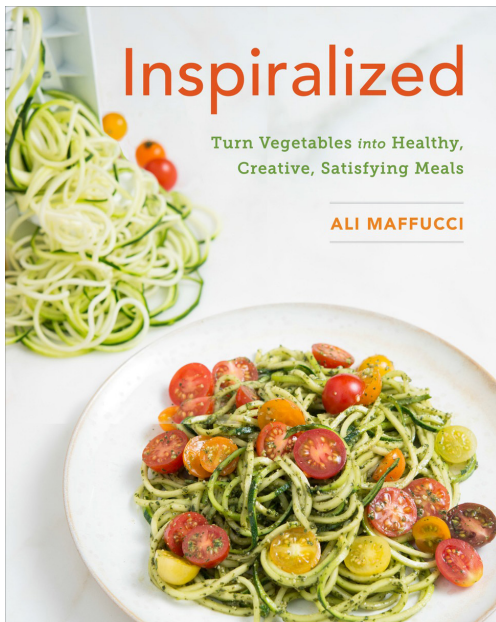
Inspiralized is the ultimate resource for spiralized cooking. In this cookbook, you'll find over 85 delicious and healthy recipes (all with nutritional information!), cooking tips and tricks, tutorials and endless ideas for the Inspiralizer®.

To order your copy of the *Inspiralized* cookbook, go to www.inspiralized.com/cookbook or visit major book retailers.

RECIPES

This instruction manual comes with the following recipes to get you started:

Basil Pomodoro Zucchini Spaghetti	pg 9
Zucchini Pasta Fettucine	pg 10
Roasted Beet Linguine with Pesto	pg 11
Apple Noodle and Tuna Salad	pg 12
Sesame Ginger Daikon Noodle Bowl	pg 13



BASIL POMODORO ZUCCHINI SPAGHETTI

Time to Prepare: 10

Time to Cook: 20

Serves: 3

Ingredients

1 tablespoon extra virgin olive oil
1/2 tablespoon minced garlic
1/2 heaping cup diced white onion
1 14.5 oz can crushed San Marzano tomatoes
salt and pepper, to taste
1.5-2 tablespoons chopped basil
3 medium zucchinis, spiralized with Blade D

Directions

Place a large skillet over medium heat and add in the olive oil. Once the oil heats, add in the garlic and cook for 30 seconds or until fragrant. Add in the onions and cook for 2-3 minutes or until translucent.

Add in the crushed tomatoes and season with salt and pepper.

Lower to a simmer, cook for 5 minutes and then add in the basil.

Let the sauce cook for another 7-10 minutes or until most of the liquid has evaporated and it is thick. Add in the zucchini noodles and let cook for 2-3 minutes or until noodles are al dente.

Serve immediately.

ZUCCHINI FETTUCINE PRIMAVERA

Time to Prepare: 15

Time to Cook: 20

Serves: 3

Ingredients

- 1.5 cup broccoli florets
- 1 tablespoon extra virgin olive oil
- 3 teaspoons minced garlic
- ¼ teaspoon red pepper flakes (or just a pinch)
- 1 cup cherry tomatoes, halved
- ½ small red onion, peeled, thinly sliced
- 1/2 cup defrosted green peas
- 1 bell pepper, seeds and top removed, thinly sliced
- salt and pepper, to taste
- 2 tablespoons freshly chopped parsley
- 2 medium zucchinis, spiralized with Blade B
- 1 medium carrot, peeled, spiralized with Blade D
- 2 tablespoons lemon juice
- 1/2 cup grated parmesan cheese + more to garnish

Directions

Bring a medium pot filled halfway with lightly salted water to a boil. Once boiling, add in the broccoli and cook for 2 minutes or until tender but still crunchy. Drain into a colander, pat dry and set aside.

Place a large skillet over medium heat and add in the olive oil. Once the oil heats, add in the garlic, red pepper flakes and onions. Cook the onions for 2-3 minutes or until translucent. Then, add in the tomatoes, green peas and bell pepper and season with salt and pepper. Cook for about 3 minutes or until the bell pepper softens.

Add in the zucchini and carrot noodles, lemon juice and parsley and toss for 2-3 minutes or until the zucchini noodles are al dente.

Add in the broccoli and parmesan cheese and toss completely to combine.

Plate into bowls and top with additional parmesan cheese, to garnish.

ROASTED BEET LINGUINE WITH PESTO AND KALE

Time to Prepare: 10

Time to Cook: 15

Serves: 3

Ingredients

2 medium beets, peeled, spiralized with Blade C
2 teaspoons extra virgin olive oil
2 cups chopped curly kale

For the pesto:

3 cup basil leaves, packed
¼ cup of pinenuts
¼ cup of olive oil
½ tsp grinded sea salt
¼ tsp grinded pepper
1 large clove of garlic, minced

Directions

Set the oven to 425 degrees. On a baking sheet, spread out the beet noodles, drizzle with olive oil, toss to coat and season with salt and pepper. Bake for 5-10 minutes or until beets are cooked to al dente or your preference in doneness.

While the noodles cook, combine all of the ingredients for the pesto into a food processor and pulse until creamy. Taste and adjust, if needed.

Once beets are cooked, toss with pesto and the kale. Serve.

APPLE NOODLE AND TUNA SALAD

Time to Prepare: 10

Time to Cook: 10

Serves: 2

Ingredients

6-7 large chard leaves
1 apple, stem removed, spiralized with Blade D
¼ cup roughly chopped pecans
1 5oz can of tuna in water, drained
freshly cracked pepper, to taste

For the dressing:

1 tablespoon apple cider vinegar
1 tablespoon water
1 teaspoon Dijon mustard
2 teaspoons lemon juice
1 teaspoon honey
salt and pepper, to taste
½ tablespoon olive oil

Directions

Place all of the ingredients for the dressing into a bowl and whisk until combined. Set aside.

Lay out the chard leaves. Cut out the thick stem and stack the leaves. Roll the stack up into a cigar and cut into thin ribbons to “shred” the chard.

Combine the chard, apple and pecans in a large mixing bowl. Add in the dressing, saving about two teaspoons. Toss to combine fully and then divide into two plates. Top the plates equally with tuna and drizzle the remaining vinaigrette onto the tuna. Season with cracked pepper.

SESAME GINGER DAIKON NOODLE BOWL

Time to Prepare: 15

Time to Cook: 20

Serves: 3

Ingredients

- 2 bunches of baby bok choy
- 1 medium daikon radish, peeled, spiralized with Blade D
- 1 tablespoon sesame oil
- 2 teaspoons peeled and minced ginger
- 1/3 cup diced scallions
- 3.5oz container shiitake mushrooms, stems removed and tops sliced into 1/4" slivers
- 3.75 oz snow peas
- salt and pepper, to taste
- 4 cups of low-sodium chicken broth
- 1 tablespoon low-sodium soy sauce
- 1 tablespoon mirin
- 1 tablespoon lime juice
- 1/4 cup cilantro leaves

Directions

Chop the ends off the baby bok choy and cut the remainder into 1" pieces. Set aside.

Pour the oil in a large skillet over medium heat and let melt. Once melted, add in the ginger, half of the scallions and cook for 30 seconds or until fragrant. Add in the bok choy, mushrooms and snow peas, season with salt and pepper and cook for 2-3 minutes or until mushrooms sweat. Stir and then add in the chicken broth, raise heat to high and bring to a boil. Once boiling, add in the daikon noodles, soy sauce, mirin, lime juice, lower to medium heat and let cook for 2 minutes or until daikon softens to al dente.

Stir in the cilantro and portion into soup bowls. Top each bowl with the rest of the scallions.

ONE YEAR WARRANTY

This product is warranted to be free of manufacturer's defects in workmanship and material for one full year beginning from date of original retail purchase. This warranty does not cover any damage resulting from accident or misuse. If the product becomes defective within the warranty period, we will repair it or elect to replace it free of charge.

Repair or replacement as provided under this warranty is the exclusive remedy of the consumer. Inspiralized LLC shall not be liable for any incidental or consequential damages for breach of any express or implied warranty on this product. Any implied warranty of merchantability or fitness for a particular purpose on this product is limited in duration to two years from date of purchase.

We will return your product, provided it is delivered, transportation, charges pre-paid with proof of purchase.

To arrange to return, please contact: returns@inspiralized.com

INSPIRALIZED LLC

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Designed with love in Jersey City, NJ.

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