

Considering going Raw? Here is a list of kitchen tools to aid your transition. To learn more about infusing your daily diet with raw food book an appointment with our health coach Katie McDonald

Vitamix

Food processor

Juicer

Cutting board(wood)

Mason jars

Sharpies-label jars for freshness

Spiralizer

Microplane

Knives

Nut mylk bag

Dehydrator

Excalibur-9 tray

Uncook books

Glassware

Measuring spoons and cup

Mandolin/Grater

Veggie peeler

coffee grinder for spices

ice cream maker

playfulness

Katie McDonald

401-965-4486

bnourished@me.com

www.bnourished.com