

HEALTHY KITCHEN

TOOLS FOR COOKING

BEGINNER

Nesting Mixing Bowls
Measuring Cups and Spoons
Knives and Vegetable Peeler
Cheese Grater/Box Grater
Cutting Boards & Colander
Frying Pan, Sauce Pan & Baking Sheet
Pot Holders & Trivets
Spatula, Tongs, & Spoon
Garlic Press

INTERMEDIATE

Crock Pot
Immersion Blender
Bamboo Steamer
High-Speed Blender
Food Processor with Attachments
Stand Mixer
Microplane Zester
Mortar and Pestle
Mandoline Slicer
Meat Thermometer
Rice Cooker

ADVANCED

Carbon Knives
Pressure Cooker
Digital Scale
Spiralizer

