



BCA

# KITCHEN TOOLS

---

- High Speed Blender**  
traditional blender is ok, but smoothies & nut milks will not be as smooth
- Food Processor**
- Food Dehydrator\*\*\***
- Immersion Blender**
- Sheet Pans**
- Parchment Paper**
- Chefs Knife**
- Serrated Knife**
- Paring Knife**
- Spiralizer**
- Mandoline**
- Kitchen Rasp For Zesting**
- Citrus Reamer**
- Cheese Cloth**
- Saute Pan**
- Sauce/Stock Pot 3 Quart, and 4 Quart**
- Mortar & Pestle For Grinding Spices Spice Grinder**
- Glass Mason Jars of Varying Sizes Nut Milk Bag**



\*\*\*If raw food is a priority, a Dehydrator can be purchased for under \$100. Nesco is a brand we have used (only 4 recipes out of 49 use it).