

5 Best Kitchen Gadgets

To Make Food Sensitivity Friendly Meals

For recipes to use these gadgets go to www.feelgoodnutrition.us

1

Crockpot

Ways to use a crockpot!

Baked potatoes or sweet potatoes
Slow cooker dinner rolls
Slow cooker bread loaf
Rotisserie chicken
Apple crisp

3

Silicon Mat

Ways to use a silicon mat!

Use in place of parchment paper
Shape homemade pizza dough
Roll out bread dough
Baked apple chips
Cut fresh pasta

5

Immersion Blender

Ways to use an immersion blender!

Blend homemade pizza/pasta sauce
Make homemade mayo
Blend soups and salsas

2

Stand Mixer

Ways to use a stand mixer!

Paddle Attachment

Mashed potatoes
Shred chicken
Meatloaf

Hook Attachment

Knead bread/pizza dough
Mix fresh pasta dough

Whisk Attachment

Whip marshmallows
Whipped cream
Meringue

4

Food Processor/ Blender Combo

Ways to use this combo!

Food Processor

Homemade nut butter
Make pie crust
Slice homemade chips

Blender

Make hummus
Banana ice cream
Blender muffins