

Spring Kitchen Revamp

Give yourself a health boost by including a few raw food techniques into your meals and snacks. **Susie Perry Debrice**, raw food enthusiast and Co-Founder of **Life's A Picnic**, reviews the latest kitchen gadgets to help spruce up your food and your energy...

CLICK TO FIND OUT MORE
 Watch how to use the Soyabella to make nut and soya milk with Nutritionist, Nichola Whitehead.
<https://www.youtube.com/watch?v=SOWlug2vrP8>

Those of us needing an energy boost are tending to look for new ways to include more nutrients into our diets. Raw food diets are notoriously rich in life-enhancing superfoods and nutrients such as B-vitamins, antioxidants and enzymes, that all help to power up our vitality. Juices and smoothies, sprouted seeds and pulses, nut milks and cheeses, spiralized vegetables and dehydrated or fermented foods should all be on your new spring menu. Time for a kitchen equipment revamp to start making and enjoying the benefits of these raw food essentials!



LURCH SPIRALI SPIRALIZER FOR FUN COURGETTE NOODLES

If there was ever a kitchen gadget designed for us having fun with food, it's a spiralizer! These gadgets are so simple, yet they turn the duller of vegetables such as courgette, butternut squash, mooli, or parsnip, into a plate full of fun noodles. You can also swizzle up a plate of apple or pear noodles too. Loading up on pasta is now considered to be rather unhealthy, as the refined starchy carbohydrates contained in the pasta contribute to issues with blood sugar and weight management. Switch your family from the same old pesto pasta to spiralized courgette pesto spaghetti, and discover how your family meals can become quick, healthy and fun!

◆ Lurch Spiralizer costs £26.00.

TIP: Make big batches of pesto and freeze in small containers so you can easily defrost and quickly magic up another family meal.



A.Vogel BioSnacky Sprouter for high energy salads and snacks



Seed sprouters (or germinators) are devices used to grow sprouts from seeds, lentils and pulses. The reason we sprout these foods is because it makes them easier to digest and to boost their nutritional value. The A.Vogel BioSnacky germinator is made from environmentally-friendly acrylic, and consists of three trays for the germination of seeds, and a tray for collecting water used to irrigate your seeds. With the three tier sprouter, you will be able to 'sow' your sprouts at staggered intervals – starting every 2-3 days, so as one tray of sprouts is ready for harvesting, the others will contain seeds just starting to germinate. This



allows you to have a regular supply of sprouts such as alfalfa, little radish and mung beans; simply sprinkle these onto salads or add to wraps or snacks for an added boost of energising B-vitamins.

◆ A.Vogel BioSnacky 3 Tier Seed Sprouter costs £16.10.

NUTRIBULLET FOR THE PERFECT BREAKFAST SUPERFOOD SMOOTHIE

If you're looking for a healthy breakfast, then you'll need a NutriBullet! This essential kitchen gadget can help you include more fresh fruit and vegetables into your diet. The NutriBullet is unlike any other juicer or blender, as it's actually an extractor. Its special extractor blade and high powered (and super quiet) motor helps keep all the nutrients in tact. Plus there is no need to peel your fruit and vegetables, as the extractor blade completely breaks down stems, seeds and skins, extracting all the nutrients and fibre so you have no waste. Pack your NutriBullet with your favourite fruits and vegetables to make yummy smoothies, and add nuts and seeds or coconut water and nut milks for a super healthy breakfast or post-gym drink. Experiment with different combinations, or choose a recipe from the booklet that comes with your NutriBullet. If you want to be extra healthy, then add a teaspoon of a superfood such as wheatgrass powder, maca or spirulina.

◆ The Nutribullet costs £99.99.



SOYABELLA FOR FUSS AND MESS-FREE NUT MILKS

Swapping cows' milk for nut milk is a positive step towards a healthier diet. But making your own nut milk can be messy and complicated due to the use of blenders staining through special filter bags, but now there's a hand gadget that does all the hard work for you. All you have to do is pop everything into the Soyabella and literally press a button! Super convenient, super easy and super healthy – a really affordable way to make and enjoy homemade nut milk. It's so easy and safe to use that even kids can have go at making fresh milk and designing their own healthy milkshakes – all from natural, healthy ingredients. Great news if you or your child suffers from digestive problems or lactose or dairy intolerance.

◆ The Soyabella Milk Maker costs £109.95.



TIP: You can use the pulp left inside the machine for cookie, cake and cracker recipes.

Tribest Sedona Combo Dehydrator for crunchy kale crisps



Dehydrators are catching on because they provide a method of low temperature 'cooking' that leaves all the nutrients and enzymes in tact. You can make healthy flaxseed crackers, raw granola, raw pizza, savoury seed pots and fruit and vegetable snacks. The Sedona

dehydrator gets a big 'thumbs up' as it evenly distributes heated air to dry foods, and its digital control panel provides accurate control over the way food is dehydrated. It is also the only dehydrator with an over heat protection feature, to ensure it never goes above the temperature at which you set it. Another plus is its handy glass door, so you can keep an eye on your food as it dehydrates and, unlike the Excalibur model, the door conveniently slides away, keeping your hands free to tend to your trays of goodies! Time to make some infamous kale crisps - so delicious! Kale is packed full of folic acid, iron, vitamin C, magnesium and antioxidants, and is known for its role in eye health and cardiovascular health.

◆ Tribest Sedona Combo Dehydrator costs £499.95.



TIP: Transfer kale crisps into an airtight container or a zip-lock bag, and they'll keep crunchy for up to two weeks!