



Kitchen Gadgets for Healthy Living

I absolutely love kitchen gadgets. It is a ton of fun shopping for tools that were created to make tedious chores simpler, faster, and even creative. Beside my drawerful of special knives and other interesting contraptions I also possess some very useful, larger tools that not only simplify certain jobs, but also help me maintain my dedication to healthy eating. Allow me to share a few with you.

Juicer

Juicing has been shown to be very beneficial because in removing the fiber from fruits and vegetables we concentrate the enzymes and nutrients making them more absorbable and useful to the body. When I drink my nutrients in this way they are absorbed within 15 minutes rather than an hour or more with the fiber intact. Fresh juices, especially fruit juices, help to remove toxins from my body. This detoxifying action causes my metabolism to become more efficient thereby helping me manage my weight. The chlorophyll in plants also enhances my blood oxygen and helps to purify my body. To achieve maximum benefit, I juice a variety of things and I do my best to use only organically grown produce.

Interestingly enough, I don't need cups and cups of juice to receive optimum benefits. One cup of vegetable juice mixed with another cup or two of pure water becomes the base for the addition of some of my liquid supplements especially some sea plankton, aloe vera juice and barley grass powder. This drink is my "coffee" in the morning and I just don't feel right without it.

My favorite vegetable combination is a handful of parsley (good for the kidneys and the liver), a handful of kale (although most people know kale as the decoration around salad bars, kale is actually one of the most nutritious greens), a chunk each of red and green cabbage (good for the stomach), some beets (a great liver detoxifier), celery (a great source of natural sodium), and carrots (a great source of beta-carotene – the vitamin A precursor). Mmmmmm!

There are a few different kinds of juicers out there. Some use an auger or even two augers while others rely on centrifugal forces. Some cost less than \$100 while others can cost as much as \$1000. Honestly, if you make the yard sale rounds you can usually find a barely used one cheap.

Blender

I have one of those very powerful blenders that can grind the core of pineapples as well as grain into flour. I often buy whole grains and grind them whenever I need flour. I also use my blender to make fruit smoothies and a variety of soups, dressings, and other smooth and creamy things.

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Smoothies are very popular during the summertime yet many of the ones we can buy are loaded with gobs of unnecessary sugar and additives. I make my smoothie with fresh and frozen fruits that include the skin, core, and even the seeds in some cases. I feel like I am getting everything nature intended when I make one of these drinks. I even add ice to the mixture to add to the thickness.

I often add plain, unsweetened, organic yogurt to my smoothies. For people who don't necessarily like yogurt this is a great way to use it because the fruit overwhelms the yogurt making the yogurt responsible for the creaminess without the sour taste. I usually use another gadget, my coffee grinder, to grind flax seeds and add them to my smoothie. It adds a little nutty flavor and is a great way to make sure I get some plant-based omega-3 essential fatty acids into my body on a regular basis.

I used to pack fruit into someone's lunch every day and every day that piece of fruit would make the round trip back home. This piece of fruit would often gather many "frequent traveler miles" before it was eaten because he "didn't have time to eat it" even though he found time to eat the cookies packed just beside the fruit. Now I send him off with a smoothie in the morning and the container always comes back empty. This is a win-win because I feel like he is getting the fruit, fiber, essential fatty acids and friendly bacteria (acidophilus in the yogurt) that he needs every day and he actually enjoys it.

Yogurt Maker

Although we can find organic, plain, fat free yogurt in the stores, it is the sugary kind that is most prevalent and really is not a healthy choice. Until I had read up on it I didn't realize how easy it is to make my own. I bought a yogurt maker to simplify the process but it sounds like it can be made quite readily without any special tools at all. Mostly, I like the fact that I can control the quality.

Water Filter

The last gadget I will share today is my water filter. Instead of buying bottled water where I can never be sure of the quality, I filter my own water with a high quality countertop filtration unit. I have confidence then that the water is fresh and clean and as long as I change the filters on a regular basis I can be assured of good quality water all day long.

So what about you? Do you have any of these or other gadgets that help you eat healthier and make it more convenient to do so? Do you have your gadgets stashed away somewhere? If so, pull them out and use them. Eating healthy doesn't have to be a chore. Enjoy!

BIO:

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