

Wellness GiveAway

Holistic Kitchen Essentials Holiday Give Away



Featured Holiday Giveaway "VITAMIX BLENDER"

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Making healthy homemade foods is easy when you have the right tools. The best kitchen tools can be expensive. We started the Wellness GiveAway to help people struggling to live healthier lives to get back in the kitchen!

1

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Your ticket selection is
gifted to a lucky
subscriber

3

GET GIFT

You are entered in the
Wellness GiveAway



**Brita SmartLight
Water Filter Pitcher**
Fresh water always.
Less bottled water.



**Braun MultiQuick 7
Hand Blender**
Make many quick
meals, smoothies
and desserts.



Cuisinart Essentials
Kitchen tools and
gadget collection.

Dependable Kitchen Tools Make Homemade Meal Prep Fast, Efficient Fun

We've tried many kitchen tools and have selected our favorite reliable long-timers. Powerhouses that never burn out or break down when we need them the most. From manual to electric, we choose our favorites for our Wellness Giveaway. We want to help you get back in the kitchen with the right tools.

“Punching the dough is exercise. Blending the dough is a spa treatment. Knowing how to do both is cake.” *The Healing Quarters*

Nothing is more important to your health than getting into the kitchen and prepping your meals. The next most important task is to have reliable kitchen equipment. Manual kitchen tools like a mandolin and a rolling pin make food prep fun and interesting. Electronic kitchen tools turn a two-hour meal prep into a 30-minute breeze. With the right kitchen tools, you will meal prep like a professional in no time, and eat healthier homemade meals regularly.



Air-Fryers not only fry virtually oil-free, but many can also steam, bake, sauté, dehydrate, pressure-cook, and broil and boil within minutes.

Slow cookers will cook all day and have delicious meals ready to eat when you come home. They can make rice too, but a **Rice-cooker** makes the perfect rice every time.

Check for specific recipes that comes with your equipment so you'll use it to its fullest capacity. The air-fryer dehydration cycle is excellent for dehydrating fruits and veggies for snacks. You can even make dehydrated chews for your pets and save.

Check our blog for more information on creating your Holistic Kitchen with all the basics.

GOOD HEALTH BEGINS IN THE KITCHEN

Staying healthy is not easy, so having good quality tools to help make it easier goes a long way. Knowing how to cook your own food is now a life-saving skill. Certain foods can affect your mood, cause inflammation and pain, and turn a good day into a stressful one. Enjoy better days by reducing fast foods and prepping healthier foods in your kitchen. Create and share tasty recipes with family or friends on your weekly meal prep day. Each one teaches one. Pass it on!

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