

Lauren's Favorites: A Gift Giving Guide

If Oprah can have a "Favorites List" then I guess we should have one too! Over the years I have shared with you my 'must haves' for enjoying the benefits of a plant based diet.

If you have a veggie lover in your life or if you are well on your way to being a veggie lover yourself, here is a gift for you! I have packaged up a little list for your gift giving needs this holiday season.

Enjoy!

Vitamix— Check out why I love it so much!



Pressure Cooker– The WMF Pressure Cooker is my Favorite!



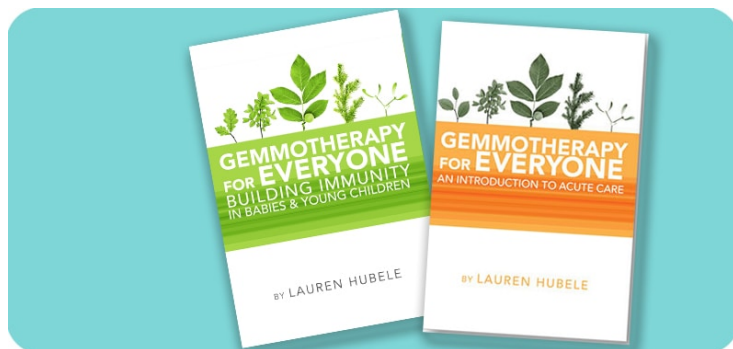
Veggie Bullet– I finally broke down this year and added this handy little tool to my kitchen.



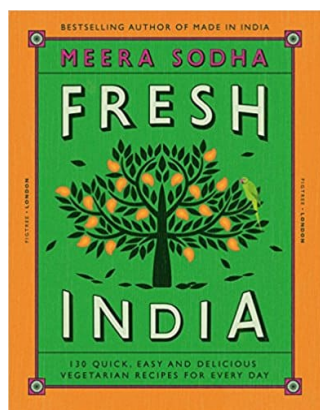
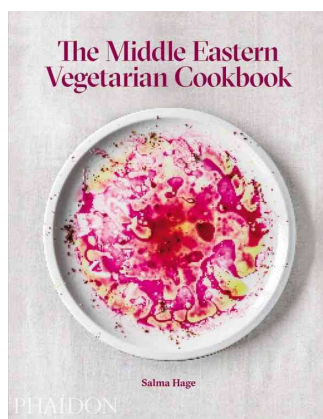
Gemmotherapy Acute Care Kit– Be prepared to support your immune system at all times!

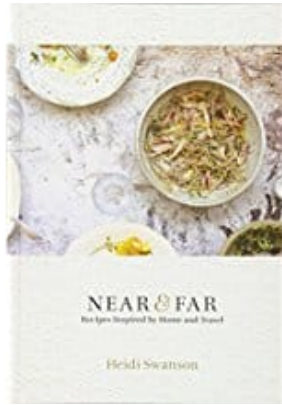


Gemmotherapy Books-Learn how plants build and restore our immunity for healthier bodies!



Cook Books— My three favorite additions to my collection!





Immersion Blender– The quickest way to blend soup-expand your horizons with this handy tool!



Knives and Cutting Board– These basics will keep the chopping, slicing, and dicing quick.



Spiralizer– Add some quick fun and innovation with veggie noodles!

