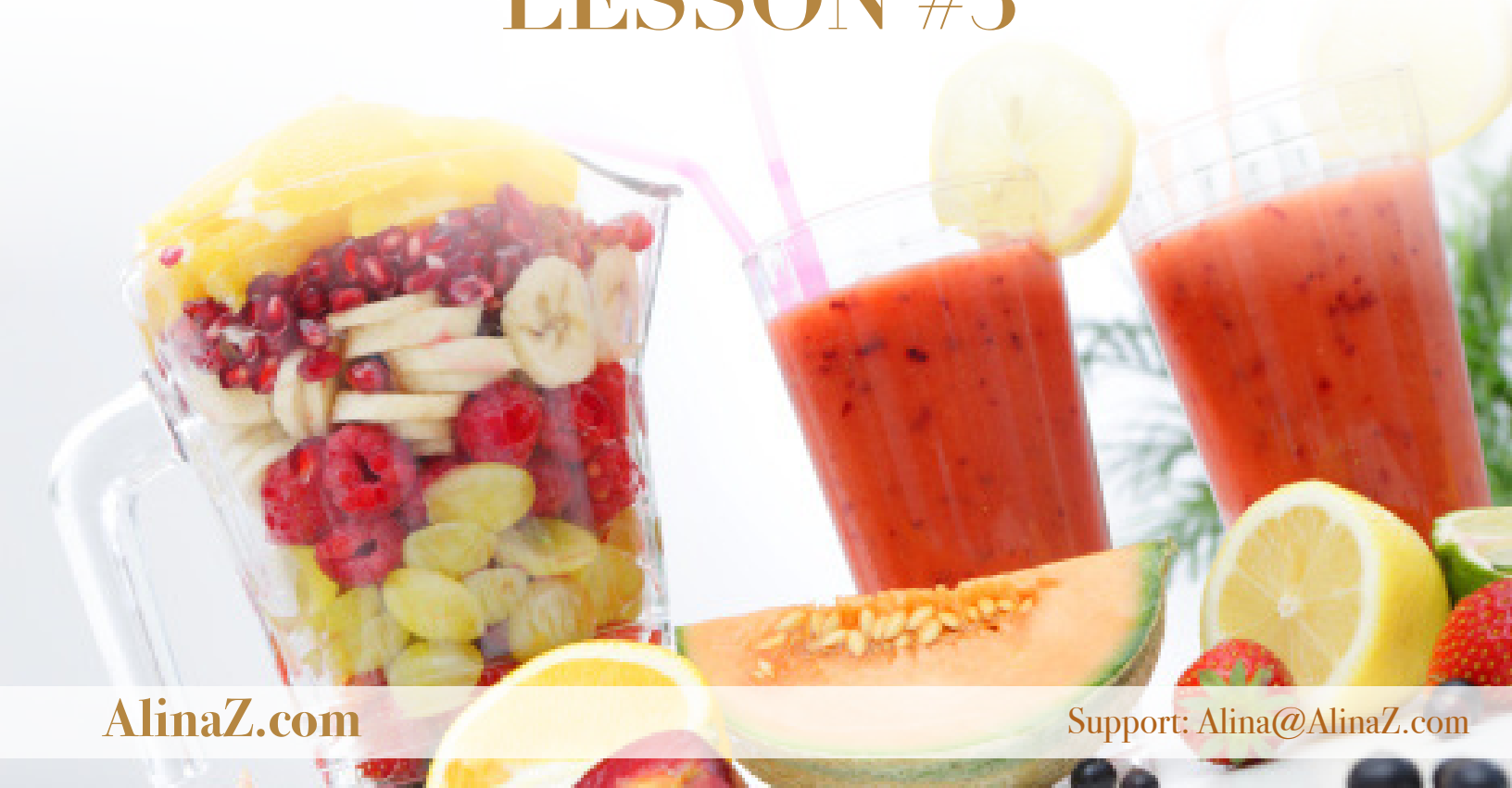
SMART KITCHEN MAKEOVER CLUB™

The Essentials

LESSON #3



LESSON #3
SPATULAS

To buy: http://amzn.to/1Txb28w

LIPPER INTERNATIONAL 826
SET OF 6 BAMBOO KITCHEN TOOLS

To make sure that the surfaces of your pots and pans stay safe and last you a long time, I strongly recommend investing in wooden spatulas and mixing spoons.

Additionally, unlike plastic spatulas that can release chemicals when heated, wooden tools are non-toxic and will keep you safe and sound.

After all, who needs more toxins that your organs have to detox out of your body?