

Most Used Kitchen Tools



I spend a LOT of time in the kitchen, and I'm all about finding tools that help me save time during prep and cooking. Here are just a few of my favorites that I consider workhorses in the kitchen that I use regularly.

[Instant Pot](#)

My girl lives on the counter and is running multiple times a week, This one is super handy for quick and easy cooking can even cook stuff from frozen! There are TONS of recipes and tips on Pinterest.

- My weekly go-to staples are eggs and [sweet potatoes](#)

[Crock Pot](#)

If you can't swallow the cost of the Instant Pot, a crock pot is a great alternative! It's not quite as versatile, but will let you "set it and forget it" without having to be too involved in the cooking.

[Immersion Blender](#)

This is used to make mayo and different sauces and dressings, but can also be used to blend soups right in the pot (without having to let them cool first!)

[I also use it to mix up my Ninja Creami protein mixes before freezing. I won't put the Creami on this list because it's only essential to people who need ice cream every night and don't want to eat 1427 calories at dessert (its me!) But if you have Creami questions, don't hesitate to reach out.]

[Food Processor](#)

This is probably the kitchen tool I use the most. You can use it to make your own date bars (imitation Lara bars!) like these [Nutty Espresso Bars](#). It's great for pureeing things, chopping nuts, even making your own nut butters!

[NordicWare baking sheets](#)

Probably seems like a silly recommendation, but I can't stand flimsy baking sheets that get ruined after 6 months. I've had these for 4 years and they're still in great condition. They're sturdy and clean easily. Just make sure you get the "half sheet" - the full sheet will not fit in a standard oven!

[Vegetable spiralizer](#)

You can turn your veggies into noodles, which makes them way easier (and way more fun) to eat. Try squash, zucchini (aka Zoodles!), or even sweet potatoes.

Any purchases made from these links earn the blog a small commission for referring you, at no additional cost to you. This helps keep the blog up and running and new and tasty recipes coming to your kitchen!