

Nourishing Notes Gift Guide 2022

TRUFF Hot Sauce (truff.com)

Who doesn't love the flavor of umami-rich black truffles? Pair it with red chili peppers and it takes hot sauce to a whole new level. Not only do they have hot sauce, but oil and salt, too.

Always Pan (fromourplace.com)

This ceramic, nonstick pan with a built in wooden spoon rest that braises, sears, steams, strains, sautés, fries and boils. It's got a cult following among culinary enthusiasts every where.

Pukka Herbal Tea (pukkaherbsus.com)

Relax with a cup of hot or iced tea in a variety of medicinal flavors that are chock full of anti-inflammatory and adaptagenic properties. My fave is Chamomile, Vanilla & Manuka Honey.

Hooked On Fish (hookedonfishchicago.com)

Get high-quality seafood weekly. Every week there are two featured fish and you choose which ones you want. You get a pound of fish (enough for 2 - 3 people). Pick up or delivery, fish is kept on ice and ready to cook when you get it.

Avaline Organic Wines (drinkavaline.com)

Tired of the sulfites and added sugar in your wine? Try something new with wine made from organic grapes with no added sugar or synthetic pesticides. (Say goodbye to crazy hangovers!) Find a store near you or order online for delivery.

*Don't forget you can always book a **group culinary class** or a **package of nutrition consultations** with me.*

Simply email me for details.