

Nourishing Notes Gift Guide 2023

Handy Milk Frother

Make your own lattes and frothy bevvies in minutes with this MILK BOSS handheld milk frother. It's quick, simple and easy to use. Plus, you can choose from 25 fun colors! [Get one here.](#)

Rose-Shaped Ice Cube Molds

These super cute 3D ice cube molds are in the shape of roses and can make a cocktail or mocktail a beautiful occasion. [Check them out here.](#)

Stainless Steel Stack and Steam Pot Set

Take the work out of steaming vegetables with this convenient stackable pot set. Easy cleaning and storage and it will last a lifetime. [Check it out.](#)

Super Cute Tote

I love this SCOUT bag for groceries, the beach or boating! The adorable patterns make hauling stuff fun. Plus, it's made from water resistant fabric, has a pocket for your phone, lip gloss, etc. and it folds flat for easy storage. [Get one here.](#)

Mexican Chocolate

Whether you serve it hot or cold, this Mexican chocolate hits the spot! Cocoa is packed with antioxidants and anti-inflammatory benefits. Plus, it's made from organic and fair trade cocoa nibs. Yum! [Try it here.](#)

100 Mindful Prompts for Self-Care and Stress Relief

Take some time for yourself this holiday season with this mindfulness deck of 50 double-sided beautiful cards with day and night-focused quotes and calls to action to relieve stress and anxiety and promote a sense of calm. [Check them out.](#)

*Check out my [website shop](#)
for more fun gift ideas!*

*Purchasing through my links is no added cost and it helps with the upkeep of my website. Thank you!