Equipment List for Raw Food Kick-Start Course

Basic Cooking Tools

- [ ] Chopping boards
- [ ] Knives
- [ ] Bowls
- [ ] Spatulas
- [ ] A set of measuring spoons
- [ ] A set of measuring cups
- [ ] Kitchen scale

Raw Food Equipment & Tools

- [ ] (High-power) blender
- [ ] Food processor
- [ ] Dehydrator
- [ ] Spiral slicer
- [ ] Nut milk bag or cheesecloth

For Fermentation

- [ ] Plastic sieve (strainer)
- [ ] Tea towel or paper towel
- [ ] Rubber bands
- [ ] Wide-mouth glass jar
- [ ] Glass bottles with tight lid

For Cake

- [ ] Square cake pan
- [ ] Loose-bottomed round cake pan
- [ ] Squeeze bottle

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