



# Mobile Kitchen Lentine Alexis

## Equipment List

- instant pot
- rice cooker
- pots and pans
- gas cooktop
- gas grill
- propane
- plates/bowls/utensils
- coffee dripper // mugs
- cocktail shaker // ice cube trays
- serrated knife / paring knife / chefs knife
- pasta strainer
- nesting mixing bowls
- rubber spatulas in S, M, L
- metal pancake flipper or spatula
- tongs
- marshmallow roasters
- immersion blender
- twine/tape + bags for gifts on the road



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## Ingredients List

- sushi rice
- basmati or wild rice
- lentils
- oats
- granola
- nori papers
- pasta
- tinned mussels
- chocolate
- gummy bears (!!)
- chia seeds
- favorite spices
- flaky sea salt
- boullion cubes
- honey
- dates
- maple syrup // bragg's liquid aminos // rice vinegar
- jam
- hemp seeds
- favorite tea bags // herbal supplements ● coffee
- hydration mix // ride snacks