

## 5 100 Dollar Gadgets that Can Change Your Life

Like pretty much everybody else in the developed portions of the world, you probably have a to-do list a mile long. There are a hundred things to do for work, friends and family who demand your attention and of course you've also got to set aside a little bit of time for leisure activities.

We usually make up for this lack of time by doing everything quickly. We have meals on the go. We have nifty gadgets that do six different things at once. We're always in a hurry, talking on our phone while we wait for the bus or drive to work.

And yet to truly enjoy our lives, to save our money and to enjoy optimum health, we need to slow down. We need to take the time to enjoy home cooked meals. We need to set aside time for exercise--and no, running half a block to the bus stop doesn't count.

Luckily for us, everybody else in developed nations is looking for easier, faster and cheaper ways to do all the same things. We all want to reclaim our time and save money so we can enjoy our lives more.

If you're looking to save time and money while still enjoying a healthy lifestyle, there are dozens of gadgets you can use to make your time spent in the kitchen more efficient.

Ready to start truly enjoying your kitchen? Here are five gadgets that will help you be healthier and save time--all for \$100 or less:

- 1. [Cuisinart Hand Mixer](#)** -- Are you tired of mixing up batter by hand? Ready to bring your mixing into the future? This hand mixer is small but powerful, making it a useful gadget you can easily fit in your kitchen. With most options coming in at under \$100, this is one of the best investments you can make for your kitchen.
- 2. [Crock-Pot](#)** -- If you don't already have one of these in your kitchen, you're missing out. A crock pot makes it easy to cook yourself delicious soup, even while you're at work. You can find a great recipe online, do all the prep work and let your ingredients simmer in the crock-pot while you go to work. When you come home, you'll have a delicious, healthy meal ready for you to enjoy. Even better, you can easily find a quality crock-pot for under \$100.
- 3. [Breville Juice Extractor](#)** -- There's been quite a bit of talk in the media lately about how a lot of commercial juice isn't much better for you than a can of soda. In fact, most of it has about the same amount of sugar as the soda you know you shouldn't drink too much of. But everybody still loves juice, right? A high quality juice extractor allows you to easily create pure fruit juice, so you can enjoy something delicious without worrying about your health. Oh, and you shouldn't have a problem finding a nice juice extractor for \$100 or less.

4. [Nostalgia Popcorn Maker](#) -- Everybody loves popcorn. Unfortunately the stuff you get for the microwave is already drenched in butter. Besides, even the healthiest meal isn't so healthy once it's been stuck in a microwave. So purchase one of these popcorn makers and make your own, with or without butter. Believe it or not, plain popcorn is a really healthy snack. Considering that it's easy to find a popcorn maker for less than \$100, this is a great way to invest in your kitchen. Even better, this is one kitchen gadget your kids will get excited about too.

5. [SodaStream Fountain Jet Soda Maker](#) -- This is exactly what it sounds like: a machine that allows you to quickly and easily make soda in the comfort of your own home. Whether you want to drink sparkling water without having to go to the store or you want to experiment by making your own healthy soda alternatives, the SodaStream opens you up to endless possibilities. If you have a big family and you drink a lot of soda, you might want to go for one of the more expensive models--each one comes with slightly different features--but if it's just you, the Fountain Jet is a great way to start making your own soda. With models ranging from just under \$100 to a little bit over \$200, you even get to choose how fancy your SodaStream machine will be.

**Anything that** saves time and helps you create a healthier lifestyle for yourself and your family is a great investment. If you're just starting to explore the world of kitchen devices, start with these five. You'll be amazed at how much easier it is to have a healthy lifestyle with these gadgets readily available in your kitchen. And in a few months you'll realize that you've also saved quite a bit of money, all thanks to a few handy gadgets.