Coffee Pods

Fill a coffee filter with 2-3 Tbsp coffee grounds. Optional: Add a dash of cinnamon or drop of vanilla. Secure with cotton string.

Brewing Instructions:
Drop satchel in a mug, cover with hot water, let steep for a few minutes, then remove.

Bean Soup Mix

Layer quart-size mason jars with beans – pinto, white, black, kidney, green peas or lentils, etc. – until almost full.

Spoon 3 Tbsp of spice mixture onto 10x10” sheets of parchment paper, then fold to make a small packet and seal with tape and place on top of the beans in the jar. Alternative: Place spices into a small zip-top bag.

Spices: 1 Tbsp black pepper, 1 Tbsp paprika, 1 Tbsp dry mustard, 2 Tbsp dehydrated onions, 2 Tbsp salt, 2 Tbsp garlic powder, 2 Tbsp dried oregano, 8 bay leaves, 4 bouillion cubes.

Chili Oil

Combine 2 cups olive oil and 4 tsp dried crushed red pepper in a small saucepan. Cook over low heat until a thermometer registers 180° F, about 5 minutes.

Remove from heat and cool to room temperature, about 2 hours. Transfer to a 4-oz bottle. Refrigerate up to 1 month.

Spice Mixes

<table>
<thead>
<tr>
<th>Spice Mixes</th>
<th>Cajun</th>
<th>All Purpose</th>
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<tbody>
<tr>
<td>1/4 cup coarse salt</td>
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<tr>
<td>1/4 cup cayenne pepper</td>
<td>1/4 cup brown sugar</td>
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<tr>
<td>1/4 cup paprika</td>
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<tr>
<td>1/4 cup garlic granules</td>
<td>2 Tbsp black pepper</td>
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<td>2 Tbsp dried oregano</td>
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<td>2 Tbsp onion granules</td>
<td>2 Tbsp dried thyme</td>
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<td>2 Tbsp dried oregano</td>
<td>1 Tbsp cayenne (optional)</td>
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<td>2 Tbsp dried thyme</td>
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</tbody>
</table>

Health*Matters is UC Berkeley’s Wellness Program with campus partners including Office of Environment, Health & Safety, Human Resources, Physical Education Program, Recreational Sports, and University Health Services: CARE Services, Disability Management Services, Ergonomics@Work, Occupational Health Clinic, and Work/Life.
Other Healthy Gift Ideas

- Activity Trackers such as Fitbit or Jawbone
- Yoga Mat
- Food Processor
- Bedside Speaker
- Food Savers
- iPod Shuffle
- Oil Mister
- Herb Garden
- Reusable Water Bottle
- Fitness Belt
- Cutting Board