

Cook Well Berkeley: Healthy Holiday Gifts

Extra Recipes



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.

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.

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 boullion cubes.

Spice Mixes

Cajun	All Purpose
¼ cup coarse salt	1/3 cup coarse salt
¼ cup cayenne pepper	¼ cup brown sugar
¼ cup paprika	¼ cup paprika
¼ cup garlic granules	2 Tbsp black pepper
¼ cup black pepper	2 Tbsp dried oregano
2 Tbsp onion granules	2 Tbsp dried thyme
2 Tbsp dried oregano	1 Tbsp cayenne (optional)
2 Tbsp dried thyme	

Other Healthy Gift Ideas



Activity Trackers such as Fitbit or Jawbone



Yoga Mat



Food Processor



Food Savers



Bedside Speaker



Oil Mister



iPod Shuffle



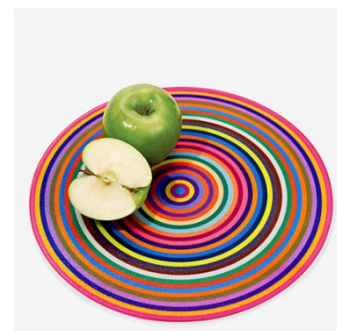
Reusable Water Bottle



Herb Garden



Fitness Belt



Cutting Board