

## **Being in Your Presents** by Lisa Marie Lindenschmidt

I'm pretty cheap. OK. Maybe "cheap" isn't the word I'm going for. Maybe how I should describe myself is "fiscally conservative." The thesaurus describes those who are prudent in their spending as "thrifty," "stingy," or "tight-wads." Whatever word you like, I am one who is always looking for the biggest bang for my buck.

There is also another side of me – the side that really loves taking something very simple and making something very special, the side that loves to excite people sensually, the side that wants people to feel my gift from the inside out... and, ultimately, wants people to share my gifts with others. Over the years, I've put together some fun recipes that I feel do just that. I'm including a few for you to try.

### **Spiced Honey (yields approximately 2 cups)**

Combine 2 c. local honey and ¼ c. spices of your choice. Spice suggestions include: cinnamon (bark pieces or powder), red pepper flakes, nutmeg, coriander, black pepper (coarse ground or whole peppercorns), ground fennel, cardamom (pods or powder), allspice, ginger (powder or freshly grated), and cloves (whole or ground). Package in glass jars with wide mouths for easy stirring. Give instructions to recipient to stir before using. This honey can be eaten as is, strained and put into warm water or teas, drizzled over cereals, or added to juices. Great as an immunity booster!

### **Chocolate Sauce (yields approximately 3 cups)**

Combine ¾ c. virgin coconut oil, 1 c. local honey, 1-1 ½ c. raw cacao powder, and ½ tsp. sea salt and blend until creamy. Package in wide mouth glass jars for easy scooping. Give instructions to recipient to consume with wild abandon. This sauce can be eaten as is, set in a pan of hot water to soften and drizzled over ice cream, or used as a dip for fruit. Does not need to be refrigerated. Great for satisfying those chocolate cravings!

### **Mo's Garbage Cereal (yields vary)**

Combine any of the following in any amounts: raw rolled oats, raw nut pieces (*i.e.*, walnuts, pecan, Brazil nuts, hazelnuts), raw seeds (*i.e.*, sesame seeds, chia seeds, pumpkin seeds), unsweetened coconut flakes, dried fruits (*i.e.*, goji berries, mulberries, raisins, date pieces), and spices (*i.e.*, cinnamon powder, nutmeg, cardamom powder). Package in glass jars with wide mouths for easy pouring. Give instructions to recipient to serve with their favourite nut or seed mylk. For that special touch, give with a nut mylk bag, a cool bowl, and a wooden spoon!

### **Miscellany Ideas**

There are also many other simple and healthy gift ideas that people often overlook. Below are only a few.

- tea blends
- fruit baskets
- nut assortments

- a variety of boxed herbal teas
- seasoned vinegars or oils
- meal-themed packages (*i.e.*, smoothie makings with smoothie cup and glass straw)
- wellness-themed packages (*i.e.*, cold care tea, honey, lemons, kettle, mug, spoon)

Remember to always give from a place of love and thoughtfulness, keeping that person's path and needs in mind. I've found the best way to package and present these gifts is with homemade, reusable wrapping, accompanied by a handmade card or handwritten letter. Get creative – and stay within your budget!

*Lisa Marie Lindenschmidt is a raw foods chef and teacher and owner of Rite Food and Company ([www.ritefoodandcompany.com](http://www.ritefoodandcompany.com)), which offers workshops on intentional and joyful eating. Lisa Marie and her homeschooled daughter, Mo, record a weekly podcast – called Sweet Peas Podcast – chronicling their raw foods journey together.*