

# Tri Fit Cooks

## From Heart to Belly



## Give the gift of healthy and delicious!

When it comes from your own kitchen, holiday gift giving can be more meaningful than anything bought in a store. With a collection of simple, healthy ingredients, placed in a cheap and cheerful container, you can surprise anyone with a homemade gift.

*"It's not how much we give but how much love we put into giving"*  
-Mother Teresa

## Maple Vanilla Granola

*Offer a package of homemade granola to a friend or loved one and they'll think of you every morning. Healthy oats, coconut, seeds, nuts and fruit provide a delicious addition to a dish of yogurt and fruit or a boring bowl of bran flakes!*

### Ingredients

4 cups (1L) flake oats  
1 cup (250mL) unsweetened coconut flakes or strips  
1/4 cup (65mL) pepitas (green pumpkin seeds)  
1/4 cup (65mL) chia seeds  
3/4 cup (180mL) chopped nuts, such as walnuts and almonds  
2/3 cup (160mL) Canadian real maple syrup  
1/3 cup (80mL) virgin coconut oil  
1/2 tsp (2mL) fine sea salt  
1 tsp (5mL) cinnamon  
2 tsp (10mL) pure vanilla extract  
1 cup (250mL) chopped dried fruit, such as dates, figs, apricots, raisins or cranberries



### Directions

- 1.) Preheat the oven to 300°F (150°C)
- 2.) In a large bowl add oats, coconut, chia, pepitas, nuts and mix together.
- 3.) In a small pot add maple syrup, coconut oil, salt and cinnamon. Bring mixture to a light simmer and stir to make sure salt is dissolved. Remove from the heat and stir in vanilla. Pour mixture over the dry ingredients and toss to coat evenly.
- 4.) Transfer granola mixture to a large (11x17") baking sheet with edges, spreading it out flat and evenly. Bake for 30-40 minutes, stirring every 10 minutes, or until granola is lightly golden brown.
- 5.) Once removed from oven add dried fruit to the pan and mix in gently with a spatula. Allow granola to cool completely on the pan before transferring to a sealed container. Makes about 8 cups. Will keep for 2 weeks at room temperature.

[www.kateandthekitchen.com](http://www.kateandthekitchen.com)

## Spiced Raspberry Orange Chia Jam

*An easy low-sugar jam recipe using chia to thicken instead of powdered pectin. Tie a ribbon around the jar and offer as a host or hostess gift. Suggest spreading on toast, adding a dollop to warm oatmeal or serving on crackers atop creamy goat cheese.*

### Ingredients

3 cups (750mL) raspberries, frozen or fresh  
Juice and zest of 1 orange  
1/4 cup (65mL) maple syrup or local honey  
3 tablespoons (45mL) chia seeds  
1/2 teaspoon (2mL) pure vanilla extract  
1/4 teaspoon (1mL) cinnamon  
1/2 teaspoon (2mL) ground ginger  
pinch sea salt



### Directions

- 1.) In a medium pot, bring raspberries, orange juice, zest, and maple syrup to a light boil. Add chia seeds.
- 2.) After bringing to another light boil, turn down heat to low and simmer for 15 minutes or until thickened.
- 3.) Turn off heat and add vanilla, cinnamon, ginger and salt. Stir and allow to cool.
- 4.) Store in an airtight container such as a mason jar. The jam will keep, refrigerated, for several weeks.

Recipe adapted from [www.nutritionstripped.com](http://www.nutritionstripped.com)

## Chili and Taco Seasoning Blend

*Season a healthy chili recipe or batch of turkey tacos with this flavourful spice blend. A simple yet useful gift for busy cooks around the holidays!*

### Ingredients

- 4 tablespoons (60mL) mild chili powder
- 1 teaspoon (5mL) garlic powder
- 1 teaspoon (5mL) onion powder
- 1 teaspoon (5mL) crushed red pepper flakes
- 1/4 teaspoon (1mL) cayenne pepper
- 1 teaspoon (5mL) dried oregano
- 2 teaspoons (10mL) paprika
- 2 tablespoons (30mL) ground cumin
- 1 tablespoon (15mL) fine sea salt
- 4 teaspoons (20mL) black pepper



### Directions

- 1.) In a medium bowl, combine chili powder, garlic powder, onion powder, crushed red pepper flakes, cayenne pepper, oregano, paprika, ground cumin, sea salt, and black pepper.
- 2.) Store in an air tight container or jar at room temperature.

Tip: For gift giving spoon enough seasoning blend into a small air-tight jar and tie with a holiday ribbon. Attach a label, including a tip to measure out 1-2 Tbsp per 1/2 pound of ground meat or 1 cups canned beans.

[www.mybakingaddiction.com](http://www.mybakingaddiction.com)