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Gifts from the Kitchen
THE NEXT BEST THING TO A HUG THIS HOLIDAY SEASON
2021
These are a refreshing change from traditional caramels. The apple flavor is strong and delicious.

**Ingredients**

- 4 cups apple cider
- ½ tsp cinnamon
- 1/4 tsp sea salt
- 8 Tbsp unsalted butter cut into chunks
- 1 cup sugar
- ½ cup brown sugar
- 1/3 cup heavy cream
- oil for the knife

**Instructions**

1. Boil apple cider over high heat until it’s reduced to a dark, thick syrup, between 1/3 and 1/2 cup in volume. It takes 35-40 min; stir occasionally.
2. Get other ingredients in order. Line the bottom and side of an 8-inch straight-sided square metal baking pan with two long sheets of crisscrossed parchment. Set aside.
3. Stir the cinnamon and salt together in a small dish.
4. Once apple cider is reduced, remove it from the heat and stir in the butter, sugars and heavy cream.
5. Return the pot to medium-high heat with a candy thermometer attached to the side, and let boil until it reaches 252°F. This should take about 5 minutes. Watch carefully. BE SURE TO MAKE IT HOT ENOUGH OR THE CARAMELS WILL BE TOO SOFT.
6. Immediately remove caramel from heat, add the cinnamon/salt mixture and give the caramel several stirs to distribute it evenly.
7. Pour caramel into the prepared pan. Let it sit until cool and firm, about 2 hours.
8. Once the caramel is firm, use the parchment paper as a sling to transfer the block to a cutting board. Use a well-oiled knife, oiling after each cut, to cut the caramel into 1-by-1 inch squares.
9. Wrap each one in a 4x4” square of waxed paper, twisting the ends to close.
This Lentil Brown Rice Soup is the perfect, plant-based meal to serve on a chilly night. This dry soup mix also makes for a unique, affordable, and thoughtful gift that friends and family will love!

**Lentil Brown Rice Soup Mix**

**2021**

**Dry Soup Mix Ingredients:**
- 1 cup green or brown lentils
- 1/2 cup uncooked brown rice
- 1/2 cup green split peas
- 1 tablespoon Italian seasoning
- 1 tablespoon dried parsley
- 1 tablespoon garlic powder
- 1/2 teaspoon ground black pepper
- 2 large vegetable bouillon cubes (1 cube should be equivalent to 1 tablespoon of granulated bouillon)
- 8 cups water

**Optional Ingredients:**
- 1 medium yellow onion, diced
- 1 tablespoon oil
- 1-14.5 ounce can diced tomatoes, no salt added

**Instructions**

1. **Dry Soup Mix Instructions:** Add all dry soup mix ingredients to a pint sized (16 ounce) mason jar. Gift or enjoy within one year.
2. **Cooking Instructions to Attach to Jar:** Optional but recommended*: Sauté onion in oil in a large stock pot over high heat for 3 minutes. Add can of diced tomatoes.
3. Add dry soup ingredients and 8 cups of water to the same large stock pot. Bring the mixture to a boil over high heat. Lower the heat and simmer for 40 minutes, covered with a lid. Taste and adjust seasonings if necessary. Serve with crusty bread and Parmesan cheese, if desired.
4. Store any leftovers in the fridge for up to 4 days or freeze for up to 4 months.

**Notes**

*I like to gift this dry soup mix with an onion and 1 can of diced tomatoes. However, if you are not including the onion and diced tomatoes, skip the step of sautéing the onion. If you don't have bouillon cubes on hand, substitute the 8 cups of water for 8 cups of vegetable broth.

Grab the free printable tag to attach to your mason jar gift here!
This bread is a favorite for the holidays, it’s yummy and it freezes well. If you want to make mini-loaves, you will have to adjust the cooking time.

**INGREDIENTS**
- 2 cups flour
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup chopped fresh cranberries
- 3/4 cup coarsely chopped walnuts
- 3/4 cup orange juice
- 3/4 cup granulated sugar
- 1/4 cup butter, melted
- 1 egg, beaten
- 1 tablespoon orange zest

**INSTRUCTIONS**
1. Pre-heat oven to 350°F.
2. Combine dry ingredients: Whisk together the flour, baking powder, baking soda, and salt in a large bowl. Stir in the chopped cranberries and walnuts to coat with the flour mixture. (Coating with flour will help suspend the nuts and cranberries in the dough and keep them from sinking.)
3. Combine wet ingredients: In a separate bowl combine the orange juice, sugar, melted butter, egg, and orange zest.
4. Add wet ingredients into dry: Pour the orange juice sugar mixture into the flour nut cranberry mixture and fold until just blended. (Don’t over-mix!)
5. Bake: Transfer dough into a well buttered 8x4 or 9x5 loaf pan. Bake at 350°F for 50 to 55 minutes or until done (a tester inserted into the center comes out clean).
6. Cool: Cool in pan for 10 minutes. Remove from pan and cool on a wire rack.
Spicy Pecans

2021

This tasty recipe provides a break from the holidays’ heavy emphasis on sugary foods. Makes 4 cups.

Ingredients
- 1 Tbs. vegetable oil
- 4 tsp. vegetarian Worcestershire sauce
- 2 tsp. ground cumin
- 2 tsp. ground coriander
- 1 tsp. chili powder
- 1/8 tsp. cayenne or more to taste
- 4 cups unsalted pecans
- 2 tsp. sea salt

Instructions
Preheat oven to 300°F. In small bowl, whisk oil, Worcestershire sauce, cumin, coriander, chili powder, and cayenne. Place pecans in large bowl, pour mixture over nuts and toss to cover evenly. Sprinkle with salt. Spread nuts on a foil lined baking sheet and bake until nuts are more brown and dry, about 20 minutes. Cool completely and store in airtight container until ready to use. Package in clear bags and tie with a colorful twine.