



Healthy Holidays

DIY Healthy Gift Baskets

If you're looking for unique gift ideas this holiday season, why not create one-of-a-kind Healthy Living gift baskets? Buehler's has everything you need to assemble the perfect basket to match a variety of lifestyles for the health-conscious individuals on your shopping list.

Organic Pasta Dinner

Everyone appreciates a delicious meal and this basket contains all the ingredients needed to quickly assemble a tasty pasta-perfect dinner. We've even included some cookware to make preparation super easy.

Container: Large metal colander lined with a red and white striped kitchen towel

Suggested Items to Include:

- Organic Whole Grain Pasta
- Organic Pasta Sauce
- Organic Focaccia Bread Mix
- Organic Olive Oil
- Parmesan Cheese
- Pasta Fork or Wooden Spoon
- Organic Red Wine
- Organic Italian Seasoning



Stress Less Basket

Let's face it, 2020 was a year that left many people on edge. If you know someone who could use a good dose of stress reduction, this collection of items will be most welcome. How about a busy teacher, an overwhelmed family member or a hard-working co-worker?

Container: Natural straw or seagrass basket

Suggested Items to Include:

- Herbal Teas and Organic Honey
- Teacup with Inspirational Message
- Scented Lotion
- Aromatherapy Candle
- Melatonin Supplement (for sleep)
- Essential Oils
- Bath Bombs
- Organic Dark Chocolate



Staying Active & Well Basket

Do you have a friend or family member who wants to pursue health and wellness goals in the New Year? If so, this basket of health will keep them motivated and energized.

Container: Canvas Tote or Wooden Crate

Suggested Items to Include:

- Variety of Citrus Fruits
- All-Natural Protein Bars
- Packages of Nuts and Seeds
- Health Magazine
- All-Natural Lip Balm
- iTunes Gift Card (for workouts)
- Water Bottle
- Key Ingredients for Muffins & recipe card (below)



Kids In the Kitchen Basket

Helping your favorite kids learn their way around a kitchen is important. Not only does the act of cooking promote critical thinking, creativity and collaboration, but it also helps kids develop a taste for fresh, wholesome ingredients. This basket of ingredients and kitchen gadgets will get kids excited to cook!

Container: Colorful Mixing Bowl

Suggested Items to Include:

- Small Whisk
- Measuring Spoons
- Measuring Cups
- Child's Apron
- Hand Sanitizer
- Kid's Recipe Book
- Key Ingredients for Granola Bars & recipe card (below)



Banana Chocolate Chip Power Muffins

- 2 cups Kodiak Cakes Buttermilk Power Cakes Flapjack and Waffle Mix
- 1 cup unsweetened vanilla almond milk (any milk will work)
- 1 egg lightly beaten
- 1/4 cup honey, maple syrup or brown sugar
- 2 ripe bananas mashed
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 1/2 cup mini chocolate chips

- Preheat oven to 350 degrees F. Grease 12 muffin cups or line muffin cups with muffin liners and set aside.
- Combine all ingredients in mixing bowl and blend until smooth.
- Fill muffin cups evenly. They will be close to full.
- Bake at 350 degrees F. for about 20 minutes or until golden brown and inserted toothpick comes out slightly moist.

Per Muffin: 101 calories, 2g fat, 17g carbohydrates, 6g protein; 4g fiber.
Recipe Source: Kodiakcakes.com

Chewy Granola Snack Bars

- 2 cups rolled oats
- 1 cup whole wheat flour
- 3/4 cup brown sugar
- 1/2 cup wheat germ
- 3/4 cup dried cranberries, blueberries or cherries
- 1/2 cup slivered almonds, pecans or walnuts
- 3/4 teaspoon cinnamon
- 1/2 teaspoon salt
- 1/2 cup honey
- 1 egg, lightly beaten
- 1/2 cup canola oil
- 2 teaspoons pure vanilla extract

- Preheat oven to 350° F. Spray a 9x13-inch pan with cooking spray. Combine the oats, flour, sugar, wheat germ, dried fruit, almonds, cinnamon and salt in a large mixing bowl; mix well with a spoon. Make a hole in the center of the ingredients.
- Pour the honey, egg, oil and vanilla into the hole. Use your hands to mix it well.
- Pat the granola in the baking pan. Use an oven mitt to place it in the oven. Bake for 25–27 minutes or just until the mixture is golden brown around the edges. Remove the pan from the oven with the oven mitt and place on a wire rack. Cool for 5 minutes. Use a table knife to cut into bars while still warm; the mixture will become too hard to cut if it becomes cool.

Source: Recipe Adapted from Junior Leagues In the Kitchen with Kids