

Delicious Living

December 2010

real food • natural health • green planet

delicious living

Enlightened holidays

20 global gifts, plus 6 recipes from Chefs for Peace

SUPER NUTRIENTS

FOR KIDS

Train your brain

(Learn how, page 37)



Guilt-free comfort food

Fresh Figs Stuffed with Mushrooms and Pecans (page 31)

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Global giving



Italy

Alessi Rosemary Breadsticks

Savory herbed breadsticks are modern-day replacements for a cumbersome loaf. These treats arrive from Italy to fill out your antipasto platter with vibrant rosemary flavor.

Lucini Savory Fig Balsamico

Small-batch imported Italian vinegar is the perfect accompaniment to fine cheeses, breads, and assorted vegetables. In this variation, fig provides a particularly sweet and festive taste.

Pizzolato Fields Prosecco

Toast the season with a light and fruity sparkling wine made from USDA Organic grapes, ideal for holiday celebrations.

Ciao Bella Sorbet and Gelato

These after-dinner delights come in dozens of gelato and sorbet flavors, including blood orange, pistachio, Italian caramel, and chocolate hazelnut. Great for local hostess gifts (and shippable to those farther afield).

Triloka Soapstone Aromatherapy Oil Diffuser

This carefully sculpted diffuser moonlights as a beautiful home accent. Pair with fragrant essential oils.

Earth Henna Body Painting Kit

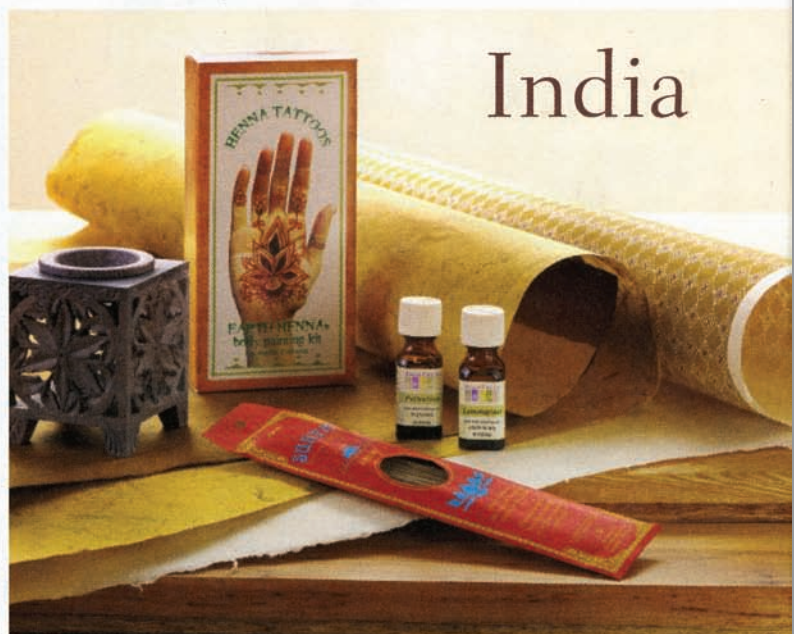
Armed with henna powder, eucalyptus oil, stencils, and a professional squeeze-bottle applicator, you'll be designing detailed body art, traditionally done for joyous celebrations, in no time.

Aura Cacia Essential Oils

Choose from Aura Cacia's assortment of 100 percent pure essential oils, including palmarosa and lemongrass that are obtained from India through the company's Well Earth sustainable-sourcing program.

Triple Amber Incense

Real amber resin fills the air with a lingering, soothing, warming scent. Perfect for meditation.



India