



The Best Gifts to Give (and Get!)

Find the perfect present for the bon vivants and foodies in your life with our gourmet gift guide.

BY LAURA SCHOBER



2 Aiya Matcha Green Tea in Deep Soil

The beautiful Aiya Matcha Green Tea in Deep Soil set offers health fanatics everything they need to make matcha the traditional way. The set comes with matcha powder, a bamboo whisk, a bamboo scoop, a tea bowl and an informational DVD. Available in three different grades of matcha (organic, ceremonial or premium). **\$88 to \$110, aiyamattea.com**

LET YOUR SLOW COOKER DO THE WORK TONIGHT P.58

Clean Eating

Improving your life one meal at a time.

NOVEMBER/DECEMBER 2014

YOUR Healthy Holiday Issue

65 EASY, DELICIOUS RECIPES

3 PERFECT FESTIVE MENUS FOR EVERY KIND OF COOK

MAKE-AHEAD GAME PLANS

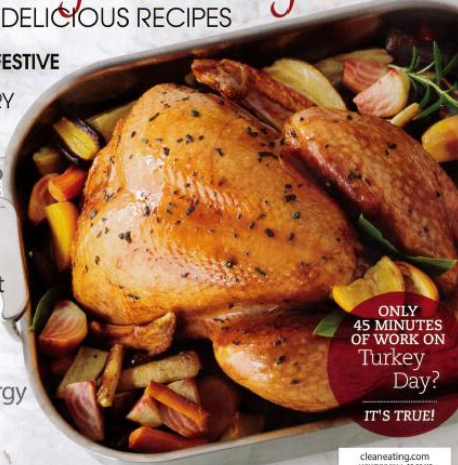
Insanely Easy Weeknight Dinners Under \$4!

Burn Fat & Boost Energy Your 2-Week Meal Plan

The Best FOODIE GIFTS TO GIVE (AND GET!)

Stress Less STAY CALM TO STAY SLIM

The Simplest Ever THANKSGIVING DINNER!



ONLY 45 MINUTES OF WORK ON Turkey Day? IT'S TRUE!



bits 'n' bites // supermarket guide

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1 Cherry Moon Farms Vermont Maple Syrup Grading and Infused Sampler Set
Epicureans will delight in the rustic yet sophisticated Cherry Moon Farms Vermont Maple Syrup Grading and Infused Sampler Set. The grading sampler contains four varieties of pure maple syrup while the infused sampler includes a delicious blend of stand-out flavors such as chili, ginger and habanero pepper. \$60, cherrymoonfarms.com

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3 Tazulia Tea Medley
Tea connoisseurs are sure to love Tazulia Tea Medley, which contains seven 100% organic teas sourced from the company's lush tea garden in Bangladesh. Housed in an eco-friendly container, the set's corn-silk pyramid tea bags have extra space for leaves to infuse, resulting in a more flavorful brew. \$7.50, tazulia.com

4 Taste of Taza
The Taste of Taza gift set contains eight mouthwatering stone-ground chocolate bark, discs and cacao nibs, all packaged within a lovely, giftable box. With unique and delicious flavors such as Raspberry Hib Crunch, Coconut and Guajillo Chile, this sampler is guaranteed to impress the chocolate lovers in your life. \$55.50, tazeechocolate.com

5 Bonterra Biodynamic Wines
Bonterra Biodynamic Wines serves up a tasty trio with this elegant set of red and white wines to enjoy throughout the holiday season. The Buller's hiccups blackberry and mulberry aromas are accented by hints of smokiness and cedar; The Roost, a Burgundian-style Chardonnay, contains notes of lemon, baked apple and crème brûlée; and The Mink's sweet notes of chocolate, vanilla and spice and aromas of cherry and caramel are balanced and well by its silky finish. \$140 per set of three, bonterra.com