






Food Gift Ideas

Popcorn Balls	Make syrup out of ½ cup sugar, ½ cup water, ½ tsp white vinegar and 1 tsp vanilla extract over a stove on medium heat. Pour over 5 cups of stove popped popcorn and stir till mixed. Let mixture cool for 4 minutes and then press into 3 inch balls with plastic wrap!	
Granola Balls	Mix 2 cups of granola with 4 T of peanut butter, 1 T of honey and 4 T of milk. Lastly, form into balls with some plastic wrap!	
Body Scrubs	Mix table salt with almond oil, baby oil, coconut oil, olive oil or vegetable oil! Add a few drops of essential oils to had a nice aroma and put in a jar. You want to use a 2:1 ratio of salt to oil.	
Toasted Pumpkin Seeds	Toss 2 cups pumpkin seeds with ½ tsp salt and 1 tsp of melted butter. Spread onto a baking pan and bake in the oven for 25-30 minutes at 300 degrees until golden brown. Once cooled, package in small jars, snack or sandwich bags or festive holiday bags and tie with ribbon.	
Rubs	Create a great BBQ rub for meats! Mix 2 T salt, 2 T sugar, 2 T brown sugar, 2 T cumin, 2 T black pepper, 1 T cayenne pepper and 3 T paprika and pour into a small airtight jar or small Tupperware container.	

For more Food Gift ideas and other healthy recipes, visit at www.uacookingoncampus.com.

For more info about nutrition and what to eat on campus, go to www.health.arizona.edu, click on Health Promotion, then on Nutrition.

NUTRITION COUNSELING - CAMPUS HEALTH SERVICE - HEALTH PROMOTION

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