

deliciousliving

feed your body / nourish your spirit

15 GREAT GIFTS

everyone will love

HOW TO
survive the
holidays

Tasty brunch recipes

THEY'RE EASY!

+ Ed Begley Jr.'s
green tips for 2008

Enter our
**RECIPE
CONTEST**
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Hibiscus
Punch
(page 32)

A CRASH
COURSE IN
nondairy
milks

DECEMBER 2007 | DeliciousLivingMag.com | A PENTON PUBLICATION

**Mother's
Market & Kitchen**

www.mothersmarket.com

**MOTHER
LOVES YOU!**

BY KATY NEUSTETER
Photos by Erin Manning

give & get

*From grandma to your little brother
or your best girlfriend,
everyone will love these 15 natural indulgences*



3 | Tarma Designs Pendant
Named for a village high in the Andes, Tarma makes adventure-themed pendants and earrings out of recycled steel, featuring images of skiers, mountains, and other outdoorsy elements.