



Organic Vegan & Green Living Holiday Gift Ideas [Work in Progress]

Here are some ideas for more organic and customized holiday gifts for the special people (and critters) in your life! This is still a work in progress, but I wanted to get the ideas out there for you early bird shoppers to start thinking about. Hope you enjoy, let me know of other ideas / suggestions also!

Organic Vegan Breakfast & Snack Food Basket (All organic:)

- Bananas / Pears / Oranges
- Almonds / cashews / brazil nuts
- Dates / Figs / Apricots
- Oatmeal (Whole rolled oats or quick oats)
- Rice / soy / almond / oat milk (unrefrigerated kind) - Rice Dream Organic Original Flavor is great!
- Cinnamon
- Sesame or Coconut Oil
- Sea Salt

Organic Vegan Sweet Comfort Food Basket (All organic:)

- Bananas
- Yams / sweet potatoes (wash, no need to peel, slice thinly, boil in filtered water 10 mins., remove from water, add oil, cinnamon, raisins, flaxseed, sea salt)
- Raisins
- Brown rice or oatmeal
- Ground flaxseed
- Cinnamon
- Sesame or Coconut Oil
- Sea Salt

Organic Vegan Savory Comfort Food Basket (All organic:)

- Avocados
- Potatoes
- Couscous or quinoa
- Dried Red lentils or split peas
- Sunflower Seeds
- Whole Cumin Seed Spice
- Sesame / Olive / Coconut Oil
- Sea Salt

Organic Vegan Skin & Body Care Basket (All organic:)

- Lemon / Lime / Orange (rub inside of peel on skin, use diluted juice for hair rinse, eat fruit)



- Avocados (rub inside of peel on skin for natural moisturizer & rinse off, eat avocado with sea salt)
- Chamomile or Lavender Flowers or Peppermint Leaves (to make tea)
- Agave Syrup (mix with sea salt for exfoliating and moisturizing skin scrub)
- Dr. Bronner's All Natural Unscented Liquid Soap (www.drbronners.com)
- Favorite essential oils (optional - for extra aromatherapy!) (lemon, lavender, mint, eucalyptus, rose are all lovely - or use fresh herbs, steep in boiling water, add to bath or sprinkle or spray on skin)
- Organic Cotton Washcloth or Loofah scrubby
- Baking Soda (for cleaning skin and hair)
- Sesame or Coconut Oil (natural moisturizer)
- Sea Salt (for exfoliating skin)

Organic Vegan Movie / Fun time Basket (All organic:)

- Popcorn (or rice cakes) (air pop popcorn on stove in heavy lidded pot with coconut oil, add sea salt)
- Late July Organic Tortilla Chips or other all organic chips
- Raw almonds or hazelnuts or other favorite large nut
- Apples or bananas
- Granola bars or organic granola cereal
- Figs / dates / raisins
- Coconut oil (for popcorn)
- Sea salt (for popcorn)
- Bottled water or juice

Organic Cotton Clothing Basket (www.kasperorganics.com has great products at a good price)

- Organic Cotton Socks
- Organic Cotton T-Shirts
- Organic Cotton Underwear
- Organic Cotton Shorts / Lounge Pants
- Organic Cotton Robe / Pull Over Shirt
- Organic Cotton Washcloth
- Organic Cotton Towel
- Baking soda (for washing clothing)

Organic Natural Home Cleaners Basket

- Baking soda
- Sea Salt
- Organic Apple Cider Vinegar
- Organic Lemon / Lime, other citrus
- Organic oil (coconut, olive, sesame)
- Dr. Bronner's All Natural Unscented All Purpose Liquid Soap (www.drbronners.com)



- Favorite Organic Essential Oils (optional - for extra cleaning aromatherapy!) (pine, cedar, lemon, lavender, mint, eucalyptus, rose, etc.)
- All natural scrubbers and brushes
- Organic (if possible) cotton cloths for cleaning
- Recycled paper towels
- Small spray bottle (for aromatherapy - put few drops essential oil into bottle and fill with water)

Other Gift Basket Ideas (still working on - other ideas / suggestions / requests most welcome!)

Organic Baby Basket

Organic Kids Basket

Organic Kitty / Doggy Basket :)

Organic Gardening Basket

Enjoy!

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Go Veggie Girl, LLC