



# CREATE YOUR OWN: DIY GIFT JAR RECIPE TAGS

The gift of food made from the heart is always a welcomed one! Surprise friends and family with something delicious and fun to make with these “homemade” recipe tags. Create a beautiful presentation by layering ingredients in a jar, print, cut and tie the recipe tag onto your gift and VIOLA! You’ll be gifting something tasty in no time.

- 1 Print & cut out your DIY gift jar recipe tags
- 2 Fill glass mason jars with the items listed in the “Ingredients” section of each tag
- 3 Add a hole punch and attach the tag to your gift jar
- 4 Give gift to someone you care about!



## TROPICAL-CRANBERRY OVERNIGHT OATS

### Ingredients:

- 1/4 c. unsweetened coconut flakes
- 1/4 c. chopped sweetened dried mango
- 1/4 c. chopped unsweetened dried cranberries
- 1 tbsp. chia seeds
- 2 c. gluten-free old-fashioned rolled oats

### You Will Need:

- 1 ripe DOLE® Banana
- 1/2 c. gluten and dairy-free refrigerated unsweetened coconut milk

### Directions:

1. Mash banana in a medium bowl; stir in coconut milk.
2. Stir banana mixture into this jar; cover with lid and refrigerate overnight.
3. Serve oats garnished with toasted coconut.
4. Enjoy!

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## SPICY BLACK BEAN & VEGGIE SOUP

### Ingredients:

- 1 tbsp. chipotle chili powder
- 1 tbsp. cumin
- 2-1/2 tsp. garlic powder
- 1 tsp. salt
- 3 c. dried black beans
- 1 c. dried navy beans

### You Will Need:

- 1 tbsp. olive oil
- 2 DOLE® carrots, chopped
- 2 DOLE® celery stalks, chopped
- 1/2 small DOLE® red onion, chopped
- 6 c. unsalted vegetable stock
- 1 DOLE® avocado, peeled, pitted & chopped
- 1/2 c. plus 2 tbsp. unsweetened, dairy-free plain coconut milk-based yogurt
- DOLE® radishes, thinly sliced for garnish (optional)



### Directions:

1. Heat oil in a large sauce-pot over medium-high heat. Add carrots, celery & onion; cook 5 min. or until vegetables are tender, stirring occasionally.
2. Transfer vegetables with a slotted spoon to a bowl; cover & refrigerate.
3. Add stock, soup starter & 8 cups water to same sauce-pot. Reduce heat to medium-low & cook 2 hrs. or until beans are tender, stirring occasionally, & adding more water if necessary.
4. Add reserved vegetables during last 5 min. of cooking. Makes about 10 cups.
5. Enjoy!

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