



Cheap gifts for food and fitness lovers

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By Lori Corbin

LOS ANGELES (KABC) -- Baskets can be fun gifts to both give and receive, especially if there are some items that you actually want. Food Coach Lori Corbin offers up some ideas for those who love food and fitness.

Orange County-based Arnabal International offers 10 gourmet oils like Meyer Lemon Oil, which is great on seafood; Blood Orange Oil for baked goods; or basil oil, which is wonderful for dipping. The oils are \$7.99 each, but a good buy since oil is used sparingly. There is also sweet roasted garlic, sweet smoked chili, lemongrass, rosemary and more. www.arnabal.com

Tea lovers might enjoy Numi's organic Puerh teas, which come from 500-year-old tea tree leaves -- resulting in a taste that is said to be bold, earthy and slightly sweet. The teas are up to \$10 per box, or about 63 cents per cup. There are some new flavors, including black, chocolate, mint and magnolia. www.numitea.com

For those with a big heart, but little to spend, head to Target for some inexpensive treats from Archer brands and Choxie. Target has everything from pumpkin trail mix to caramel apple corn, to roasted coffee and Choxie chocolates. Prices range from \$4 to \$11. www.target.com

Say goodbye to that \$4 latte. A quick and tasty alternative to that morning cup of Joe is caffeine candy. Buzz Bites are chocolate and mint chocolate energy chews that are about 50 cents each, or \$9.99

No basket would be complete without a good-tasting, good-for-you energy bar. A bar called "thinkThin" is getting rave reviews due to its high protein and sugar-free nutrition facts. The bars average \$1.69 per bar or \$17 per case. You can find them at Trader Joe's, Wal-Mart and Whole Foods, in chocolate and peanut butter combinations. There are also thinkOrganic, thinkGreen, thinkFruit, and think5 bars as well. www.thinkproducts.com

Gliding discs are a nice fitness option for gym, home, or on the road. They are available for carpet or smooth, hard surfaces. Gliding discs offer cardio, strength and stretch options for as little as \$10.

While DVDs are nothing new, Trainer's Choice Dance is fun for those who like variety. It offers four different professionals with different styles: ballet, boot camp and even Brazilian. It's all in an effort to keep you interested, so you're likely to stay at it longer. The DVDs cost about \$14.99. www.razorfitness.com