

Dish

October 2019

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Halloween

Celebrate the holiday
with this scary tasty
Tomato Basil Soup
with Bone Broth!





Almond Butter Chocolate Chip Cookies

- 1 cup almond flour
- 1/3 cup coconut flour
- 1/2 tsp. fine sea salt
- 1/2 tsp. HT Baking Powder
- 3/4 tsp. HT Baking Soda
- 1/4 cup coconut oil, at room temperature (not melted, just softened)
- 1/3 cup The Maple Guild Maple Syrup
- 1/2 cup Barney Butter
- 1/2 cup Enjoy Life Chocolate Chips

Preheat the oven to 350°. Line a baking sheet with parchment paper. In a large bowl, sift together the flours, salt, baking powder, and baking soda. In the bowl of an electric mixer, fitted with the paddle attachment, cream the coconut oil, maple syrup, and almond butter on high until smooth. Add the flour mixture to the almond butter mixture and stir until just combined. Fold in the chocolate chips. Scoop out the dough by rounded tablespoon and roll into a small ball using your hands. Place the dough balls onto the prepared baking sheet and lightly press down into each one of them using the palm of your hand. This will help flatten the cookies, as they do not spread during baking. Bake for 10 minutes or until lightly golden brown. Let cool slightly on the baking sheet before transferring to a wire rack to cool completely. Makes 2 dozen cookies.
www.barneybutter.com

Selected Varieties; 10 oz.

**Barney
Butter**
7.99
Non-GMO



6.7 oz.
**Tru-Nut
Powdered
Peanut Butter**
4.99



9 oz.
**Woodstock
Papaya Spears**
7.49



24 oz.
**Organicville
Organic
Ketchup**
4.99



25.3 fl. oz.
**Gerolsteiner
Mineral Water**
1.69



Selected Varieties; 25 fl. oz.
**Paesana
Pasta Sauce**
4.99



All items priced with VIC Savings Card

250 mL.
The Maple Guild
Vermont
Organic Maple Syrup
8.99



Selected Varieties; 12 oz.
Purely Elizabeth
Organic Granola
5.99



Selected Varieties; 4.2 oz.
Made in Nature
Organic Figgy Pops
2/\$5



Selected Varieties; 16 bags
Traditional Medicinals
Organic Tea
4.49



Selected Varieties; 4-6.7 fl oz.
Q
Drinks
4.99



Selected Varieties; 10 oz.
Manitoba Harvest
Organic Hemp Yeah!
Granola
5.49



Selected Varieties; 24 oz.
Rao's Homemade
Pasta Sauce

7.99



Selected Varieties; 17.5 oz.

De Cecco
Gnocchi

2/\$7



Selected Varieties; 8 to 12 oz.
Explore Cuisine
Organic Plant Based
Pasta

2/\$7



Selected Varieties; 16 oz.

Armbruster
Pasta

2/\$6



Selected Varieties; 4.9 to 9.7 oz.

Wasa
Crispbread

2/\$6



Selected Varieties; 12 oz.

Nature's Earthly Choice
Organic Quinoa

5.99



Selected Varieties; 7 to 10 oz.

**Dr. Praeger's
Burgers or
Meal Bowls**

2/\$7



Selected Varieties; 25 oz.

**Organico Bello
Organic Pasta Sauce**

5.99



Selected Varieties; 15.7 to 16.7 oz.

**Daiya
Pizza**

7.99



Selected Varieties; 8 oz.

**Frontera
Sauces**

2.29



Fresh Food Market

**Aged
Parmigiano Reggiano**

11.99/lb.

Offer good with your VIC card
thru November 5th, 2019

Authentic DOP Parmigiano Reggiano is a premium traditional Italian artisan cheese produced the same way today as it was eight centuries ago: from high quality raw milk with no additives and aged for a minimum of 18 months to reach an intense aroma. This product is GMO-free.

**Perfect for:
Snacking
Grating
Recipes**



Selected Varieties; 8 oz.

**Better than Bouillon
Base**

3.99



Selected Varieties; 10 oz.

Tasty Bite
Meals

2/\$6



Selected Varieties; 12 oz.

Patak's
Chutney

4.99



Selected Varieties; 25 oz.

The Jersey Tomato Co.
Pasta Sauce

6.99



Selected Varieties; 16 oz.

Mrs. Renfro's
Salsa

2/\$7



Selected Varieties; 10.5 to 11 oz.

Braswell's Select
Sauces

4.49



Selected Varieties; 12 oz.

The New Primal
Cooking and
Wing Sauce

7.99





DIWALI, THE FESTIVAL OF LIGHTS

Diwali or Deepavali, is an ancient Hindu festival celebrated in autumn (northern hemisphere) every year. Diwali is the biggest and the brightest festival in India. The festival spiritually signifies the victory of light over darkness. The festival preparations and rituals typically extend over a five-day period, but the main festival night of Diwali coincides with the darkest, new moon night of the Hindu Lunisolar month Kartika.

Selected Varieties;
12.3 to 15 oz.

Patak's
Simmer Sauces

2/\$7



Selected Varieties; 10 to 11 oz.

Patak's
Spice Paste

4.49



Selected Varieties; 11 oz.

Sukhi's
Indian Cuisine
Meal

5.99



Selected Varieties; 5.5 oz.

Sukhi's
Indian Food
Street Wrap

2/\$6





Tomato Basil Soup with Bone Broth

1 serving (per packaging directions)

LonoLife Chicken Bone Broth

8 tomatoes

1 onion

1 tablespoon thyme

1 teaspoon oregano

handful of basil

1/4 cup HTT Olive Oil

1 tablespoon roasted garlic

2 tablespoons lemon juice

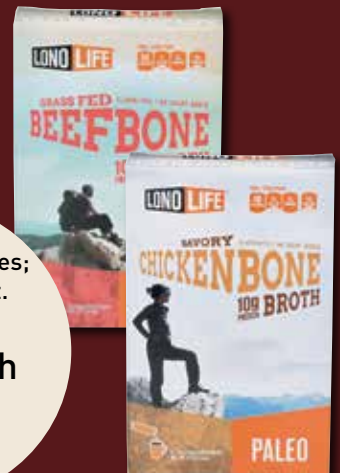
Salt & pepper to taste

Roast onions and tomatoes at 400 degrees for 35 minutes.

Put all ingredients in a blender and blend until combined.

Top with your favorite breadcrumbs and basil. Enjoy!

www.lonolife.com



Selected Varieties;
4-.53 to 4-.56 oz.

**LonoLife
Bone Broth**

5.99



All items priced with VIC Savings Card

Product claims are the responsibility of the manufacturer. The information in this flyer is not intended to diagnose, treat, cure, or prevent any disease or condition, and is for entertainment purposes only.