Celebrate the holiday with this scary tasty Tomato Basil Soup with Bone Broth!
Almond Butter Chocolate Chip Cookies

1 cup almond flour
½ cup coconut flour
½ tsp. fine sea salt
½ tsp. HT Baking Powder
¾ tsp. HT Baking Soda
¼ cup coconut oil, at room temperature (not melted, just softened)
½ cup The Maple Guild Maple Syrup
½ cup Barney Butter
½ 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.

All items priced with VIC Savings Card
Selected Varieties; 16 bags
Traditional Medicinals Organic Tea
4.49

Selected Varieties; 12 oz.
Purely Elizabeth Organic Granola
5.99

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

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

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

250 ml.
The Maple Guild Vermont Organic Maple Syrup
8.99

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

250 ml.
The Maple Guild Vermont Organic Maple Syrup
8.99
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; 15.7 to 16.7 oz.
Daiya Pizza
7.99

Selected Varieties; 25 oz.
Organico Bello Organic Pasta Sauce
5.99

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.
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.
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