Food, Family and Fourth of July

Xochitl
Patriotic Corn Chips
12 OZ
$3.99

Vermont Smoke And Cure
Jerky Stick
Selected Varieties
1 OZ
4/$5

Dare Grainsfirst
Crackers
Poppy Sesame
8.8 OZ
2/$5

The Daily Crave
Organic Veggie Straws
Himalayan Pink Salt
4.5 OZ
2/$6
Q Drinks
Mixers
Selected Varieties
4/6.7 FL OZ
$4.49

Organics By Red Bull
Organic Beverages
Selected Varieties
4/8.4 FL OZ
$6.49

Fentimans
Beverages
Selected Varieties
4/9.3 FL OZ
BOGO
Buy One Get One Free

Qmixers.com | @Qmixers
Steaz Organic Iced Green Tea
Selected Varieties
16 FL OZ
3/$5

Aspire Healthy Energy
Sparkling Beverage
Selected Varieties
12 OZ
4/$5

Zing Zang Bloody Mary Cocktail Mixers
6/8 FL OZ
$9.99

Master Of Mixes Cocktail Mixer
Selected Varieties
59.2 FL OZ
$6.99

Pickle Juice Pickle Juice Shot
2.5 to 8 FL OZ
$1.79

Get Serious About Eliminating Muscle Cramps
Visit www.picklepower.com for more information

Sable & Rosenfeld Cocktail Stirrers
16 OZ
$6.49

All items priced with VIC savings card.
ASPIRE Healthy Energy
Helped Me Jump Start a Healthier Lifestyle
by Chris Wadlington, CEO of Aspire Brands, Inc

WHAT I ASPIRED TO
The year was 2011, I was a successful entrepreneur and a parent of five children, but I still wanted more out of life. I was searching for a new product to bring to market, one that could make a positive impact on my life as well as the lives of others.

THE CALL THAT CHANGED IT ALL

“Hi, this is Chris Wadlington from America, and I’d like to know more about this healthy energy drink of yours.”

a distinctly British Voice replied

“Hello Chris, I’m Darren, nice to meet you. What would you like to know, mate?”

This chance call launched a friendship and a journey that brought Founder, Darren Linnell and ASPIRE across the pond to launch Aspire Brands, Inc and onto the shelves of great grocers like Harris Teeter.

HEALTHY ENERGY NEVER TASTED SO GOOD
Today, ASPIRE is recognized as a rising star in America’s fast growing “better for you” functional food and beverage revolution and we are proud to join the Harris Teeter family and to introduce our exciting line of healthy energy drinks.

LEARN MORE ABOUT ASPIRE’S JOURNEY @ ASPIREDRINKS.COM/JOURNEY AND CLAIM YOUR HARRIS TEETER/ASPIRE DISCOUNT COUPON.

PICK UP ASPIRE SINGLES IN THE WELLNESS SECTION NEAR THE PHARMACY OR ONLINE @ HARRISSTEE.COM
Mustard, a classic picnic staple.

Maille
Mustard
Selected Varieties
7.3 to 7.5 OZ
BOGO
Buy One Get One Free

Nando's
Perinaise
Selected Varieties
8.6 FL OZ
$4.69

Red Fork
Seasoning Sauce
Selected Varieties
8 OZ
2/$4

Frontera Foods
Enchilada Sauce
Selected Varieties
8 OZ
$2.29

Morton & Bassett
Whole Black Peppercorns
Selected Varieties
.6 to 2.3 OZ
$6.99
<table>
<thead>
<tr>
<th>Brand</th>
<th>Product Description</th>
<th>Size</th>
<th>Price</th>
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<tbody>
<tr>
<td>Girard's</td>
<td>Dressing</td>
<td>12 FL OZ</td>
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<tr>
<td>La Tourangelle</td>
<td>Organic Dressing</td>
<td>8.45 FL OZ</td>
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<td>World Harbors</td>
<td>Marinade</td>
<td>16 FL OZ</td>
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<tr>
<td>Melinda's</td>
<td>Wing Sauce</td>
<td>12 OZ</td>
<td>2/$5</td>
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Dress to impress your guests.

O’Dang Hummus
Hummus Dressing
Selected Varieties
12 FL OZ

$4.49

GLUTEN FREE
Kühne barrel sauerkraut, ideal as a side dish to tasty summer hot dogs.
Good Catch
Fish-Free Tuna
Selected Varieties
3.3 OZ

$3.99

VEGAN & HIGH PLANT PROTEIN

Experience the true tuna texture and taste of Good Catch plant-based tuna.

Explore Cuisine
Organic Pasta
Selected Varieties
8 OZ

2/$7

The Jersey Tomato Co.
Pasta Sauce
Selected Varieties
25 OZ

$5.99
The Bear & The Rat
Frozen Yogurt Dog Treats
14 FL OZ
$6.69

Cape Cod Select
Premium Cranberries
16 OZ
$3.99

No-Churn Cherry Almond Ice Cream
1-4 oz. can sweetened condensed milk
2 tsp vanilla extract
pinch of fine salt
2 cups heavy cream
1/2 tsp almond extract
1-10 oz. jar Reese Red Maraschino Cherries with stems, chopped
pink food coloring, optional

In a large bowl, whisk together the condensed milk, vanilla, salt, and almond extract. Set aside. In a mixing bowl, beat the heavy cream until stiff peaks form. Fold the heavy cream into the milk mixture until combined. Fold in the food coloring if desired. Line a chilled loaf pan with parchment paper and pour the ice cream evenly into the pan. Freeze for approximately two hours and then stir in the cherries. Freeze for at least 4 more hours. Serve with additional cherries.
www.reesespecialtyfoods.com

Reese
Maraschino Cherries with Stems
10 OZ
$4.29

Mrs. Richardson's
Toppings
Selected Varieties
14 FL OZ
2/$5
Banana Almond Flour Muffins

4 ripe bananas, mashed 1 tsp vanilla extract
2 eggs, beaten 1 cup large flake oats
1/2 cup Pyure Organic 1 cup almond flour
All-Purpose Stevia Sweetener 1 tbsp baking powder
1/3 cup milk 1/2 tsp salt
1/3 cup canola oil 1/2 cup mini dark chocolate chips
1/4 cup ground flax seeds 1/2 cup chopped walnuts

Preheat oven to 400°. Grease 12-cup muffin tin; set aside.
In large bowl, mix together bananas, eggs, sweetener, milk, oil,
ground flax seeds and vanilla. In separate bowl, combine oats,
almond flour, baking powder and salt; stir into banana mixture
just until combined. Stir in chocolate chips. Spoon batter into
prepared muffin tin; sprinkle with walnuts. Bake for 18 to 20
minutes or until toothpick comes out clean when inserted into
center of a muffin. Let cool in pan for 5 minutes. Transfer to
rack; let cool completely.

Pyure
Organic All-Purpose
Stevia Sweetener
16 OZ

$8.49

Slate
Chocolate Milk
Selected Varieties
11 FL OZ

BOGO
Buy One Get One Free

LACTOSE - FREE

Sometimes, natural products in their original form need small
adjustments for us to properly digest them. Milk is no different. All
Slate products are 100% lactose free.

Pyure
Organic Stevia Packets
2.82 OZ

$5.69

All items priced with VIC savings card.
Hot & New at Harris Teeter

All items priced with VIC savings card.

**Lesser Evil**
Organic Paleo Puffs
Selected Varieties
5 OZ

$3.99

Vegan, grain-free and nutrient dense. Packed with organic cassava, coconut flour and sweet potato.

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**People's Pop**
Ice Pops
Selected Varieties
10 FL OZ

2/$7

100% vegan, made with whole fruits, and non-GMO ingredients. Pops are under 90 calories, and certified Kosher.

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.