



9.3 to 11.5 oz. . Selected Varieties

Bibigo Korean Style Sauce

SWEET POTATO GLASS NOODLE

7.99

7 to 9 oz. **Selected Varieties** Canterbury **Naturals Artisan Salad** 7.49



10.5 oz. Blue Dragon Medium **Egg Noodles** 4.99



3.5 oz.

Chung Jung One **Sweet Potato Glass Noodles**

2.49

16.9 fl. oz. Original or Mango Hapi Aloe Vera Drink

2.49



3.5 oz. Original or Sriracha **JFC Sesame Seeds** 3.99



ooh, something new



6.5 oz. **Selected Varieties Ancient Harvest Gluten Free Lentil &** Quinoa Mac & Cheese 3.79

Harris Teeter

ALESSI **FARRO**

> 7 oz. Squash & Kale or Alessi Farro 3.99



12 oz. Vigo Quinoa Boil in Bag 7.99



7.9 to 8 oz. Tomato Rissoto or **Grainful Jambalaya** Meal Kit

4.49

Selected Varieties Koyo Organic Rice Crackers 3.59



3 to 3.5 oz. **Selected Varieties Seapoint Farms** Seaweed **Crunchy Snack** 3.49



7.05 oz. Selected Varieties Marion's Kitchen Wok Kit 4.99



1.45 oz. Lotte Koala's March Matcha Green Tea Cookies



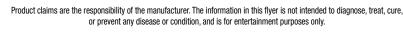
8.8 to 9.5 oz. **Selected Varieties Tasty Bite** Spice & Simmer Sauce

6.9 to 7.9 oz. **Selected Varieties Bandar Sauce** 4.99











lemongrass turmeric

CURRY PASTE

Ingredients

- · 4 lemongrass stalks, trimmed, tender center part only
- · 6 medium garlic cloves, peeled
- 6 medium shallots, peeled
- · 3 medium serrano chiles, stemmed
- · 3-inch piece of ginger, peeled

- 1 1/2 tsp. HT Traders Ground Cumin
- 2 tsp. ground turmeric
- 1/4 c. Spectrum Organic Coconut Oil
- · Zest of one lime, optional
- 1/2 tsp. HT Traders Ground Black Pepper
- 1/2 tsp. HT Traders Ground Cinnamon

Directions

Using a food processor or blender, combine the lemongrass, garlic, shallots, chiles, ginger, cumin, and turmeric, and pulse until the ingredients start to come together. You can add the oil at this point, and blend again. Stir in the lime zest. The paste will keep in the refrigerator for about a week. Freeze any paste you wont use for future use. Makes about 1 cup.

Tastes delicious over rice, farro, or lentils. Adds flavor when whisked into eggs or dolloped on meat and vegetables.



6.99

Selected Varieties Simply Asia **Indian Essentials Seasoning Mix**

.9 to 1.06 oz.





10 to 11 oz. **Selected Varieties** Patak's Indian Paste 4.49

12.3 to 15 oz. **Selected Varieties** Patak's Indian **SimmerSauce** 2/\$7





4 oz. Selected Varieties **Urbane Grain Grain Blend** 3.99

17.5 oz. De Cecco Potato Gnocchi 2/\$5







16 ct. • Selected Varieties Traditional Medicinals Tea

4.79

16 fl. oz. Selected Varieties Moore's Marinade or Sauce 2/\$7



16.9 to 26 oz. **Selected Varieties** HT Traders Pasta Sauce 2/\$5



Selected Varieties Jack Daniel's Mustard 2.99



14.1 oz. **Selected Varieties** Sharwood's Sauce **BUY ONE**



10 oz. Selected Varieties **Tasty Bite Indian Cuisine** Entree 2/\$6



16 to 25 oz. **Selected Varieties** Emeril's Pasta Sauce 3.99



11.5 fl. oz. House of Tsang Sauce **BUY ONE GET ONE FREE**



20 ct. Selected Varieties Pukka Organic Tea 4.99



24 oz. Selected Varieties Vermont Village **Organic Applesauce** 4.99

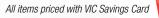


32 oz. Light or Raw Blue Green **Organic** Blue Agave **Nectar**

8.99











14 oz. • White or Blue Corn Harris Teeter Organics Tortilla Chips 2/\$5

5.5 oz. • Selected Varieties
Way Better
Snacks

2.79

6.7 oz. Selected Varieties Snack

Bar Harbor Canned Fish



Selected Varieties
GimMe
Organic
Seaweed
Snack







SOCRISP

PITA CHIPS

8 oz. • Selected Varieties
HT Traders SoCrisp
Pita Chips
2/\$5

Pair with HTTraders Salsa

5 oz.
Jalapeno Cheddar or Sea Salt
The Good Bean
Chips
2/\$7



All items priced with VIC Savings Card





5 oz. • Selected Varieties Stoneridge Orchards Dried Fruit

4.49



4 pk. • Selected Varieties
Harris Teeter Organics
Applesauce Pouches
2/\$5

McCann's Quick Cooking Rolled Oats



3.9 to 5.3 oz. • Selected Varieties Walkers Pure Butter Shortbread

CARAMEL

3.99

Post Dinner

Treat

GOLDEN Milk

Ingredients

- 1 c. Thai Kitchen Unsweetened Coconut Milk
- 1 (3-inch) cinnamon stick
- 1 (1-inch) piece turmeric, unpeeled, thinly sliced, or 1/2 tsp dried turmeric
- 1 (1/2-inch) piece ginger, unpeeled, thinly sliced
- 1 Tbsp. HT Traders Honey
- 1 Tbsp. virgin coconut oil
- 1/4 tsp. HT Traders Whole Black Peppercorns
- HT Traders Ground Cinnamon (for serving)

Directions

Whisk coconut milk, cinnamon, turmeric, ginger, honey, coconut oil, peppercorns, and 1 cup water in a small saucepan; bring to a low boil. Reduce heat and simmer until flavors have melded, about 10 minutes. Strain through a fine-mesh sieve into mugs and top with a dash of cinnamon.

Pepper increases the bodies absorption of turmeric significantly, so try not to keep this key ingredient out of the recipe. you can also substitute the peppercorns with 1/2 teaspoon of ground pepper.

This drink will keep in the refrigerator for 5 days. Reheat and stir well, as the ground ingredients will sink to the bottom.

4 pk. • Selected Varieties
Harris Teeter Organics
Diced Fruit Cups

10.6 to 11.4 oz. • Selected Varieties
ThinkThin Oatmeal Pouches

4.99

12.7 fl. oz • Selected Varieties
Torani Flavoring Syrup

4.99





12 oz. • Selected Varieties Creative Snacks Co. Granola

4.99



12 to 14 oz. **Selected Varieties** Heartland Granola 2.99





11.75 oz. Light or Amber Madhava Organic Golden Light **Blue Agave Sweetener** 3.99

33.8 fl. oz. Original or Pineapple Coco Libre **Organic Coconut Water** 3.99







turmeric *granola* SMOOTHIE

Ingredients

- 1/4 c. Coco Libre Organic **Coconut Water**
- 2 Tbsp. turmeric powder
- 1/4 tsp. HT Traders Ground Black Pepper
- 1 c. milk (almond, soy, coconut, or dairy)
- 1/2 banana
- 1/2 c. cantaloupe or mango, cut into one inch pieces
- 1 tsp. melted coconut oil
- 1/2 tsp. HT Traders Ground Cinnamon

- 1/2 tsp. HT Traders Ground Ginger
- 1/4 tsp. HT Traders Ground Nutmeg
- · 1 tsp. chia seeds
- 3 ice cubes
- Madhava Organic Golden Light Blue Agave Sweetener, to taste
- 1/2 c. Heartland Granola
- 1/2 c. HT Traders Greek Yogurt, optional

Directions

Combine first three ingredients in a bowl and mix with a fork to make a turmeric paste.

Combine the turmeric paste and remaining ingredients, except the granola and Greek yogurt, in a blender and blend on high for 30 seconds. Transfer to a glass, layer the granola over the smoothie, top with yogurt, and enjoy!

