Santa Cruz Organic
Organic Lemonade
Selected Varieties
32 FL OZ
$2.99

Red Raspberry Lemonade Punch

2 cups Santa Cruz Organic Lemonade
1 jar Seedless Red Raspberry Fruit Spread
1 (2 liter) HT lemon-lime flavored soda, chilled
1 (14 oz.) container lemon sorbet

Combine lemonade, spreadable fruit and soda in punch bowl until blended. Scoop sorbet into punch. Stir and serve.
www.santacruzorganic.com
Zest Tea
Energy Tea
Selected Varieties
12 FL OZ

BOGO
Buy One Get One Free

Aspire Healthy Energy
Sparkling Beverage
Selected Varieties
12 OZ

2/$4

Jose Cuervo
Margarita Mix
Selected Varieties
59.2 FL OZ

$7.99

Splash Mixers
Mixer
Selected Varieties
25.4 OZ

$8.99

Belvoir
Beverage
Selected Varieties
8.4 to 8.45 FL OZ

$2.69

Gerolsteiner
Sparkling Mineral Water
25.3 FL OZ

$1.99

Flow
Organic
Eternal New Zealand
Organic Alkaline Spring Water
Selected Varieties
500 ML

5/$5

Eternal Water
Alkaline Spring Water
Original
1.5 LTR

Buy Two Get One Free

All items priced with VIC savings card.
Nonna Pia's Balsamic Glaze
Classic
8.45 FL OZ

$6.99

BBQ burgers
grilled salmon
avocado + egg

Alessi
Vinegar
Selected Varieties
8.5 to 12.75 FL OZ

$2.29

Cardini's
Dressing
Selected Varieties
12 FL OZ

2/$6

Red Fork
Seasoning Sauce
Selected Varieties
4 OZ

2/$4

Cholula
Hot Sauce
Original
5 FL OZ

2/$6

Kick-Up the heat in your favorite summer dishes.
California Fresh Ingredients

EGGPLANT PARMESAN

INGREDIENTS
1½ pounds eggplant, unpeeled and cut into ½ inch slices
Salt and freshly cracked black pepper to taste
Flour
¼ cup HT Trader Extra Virgin Olive Oil
2 cups of your favorite flavor Mia’s Kitchen Pasta Sauce
½ lb. HT mozzarella or Monterey Jack cheese, sliced thinly
½ cup grated Parmesan cheese
2 teaspoons chopped basil

DIRECTIONS
1. Sprinkle eggplant slices with salt and spread out on a platter. After 30 minutes, pat slices dry with paper towels. Dip each slice into flour and shake off excess.
2. Heat oil in a heavy skillet and brown slices a few at a time in a skillet on medium high heat. (It may be necessary to add more oil as eggplant is browned.) After each browning, transfer slices to paper towels so they drain well.
3. Grease a 2-quart baking dish and pour in ½ cup tomato sauce. Spread eggplant slices over the sauce, top with a layer of cheese, and a sprinkling of Parmesan and basil. Top with a thin layer or pasta sauce. Repeat layers in this order until all ingredients are used, being sure to finish with a top layer of tomato sauce over the cheeses and basil.
4. Bake for 30 minutes at 350°F, or until eggplant is tender when pricked with a fork. Serve hot.
All items priced with VIC savings card.

**Purely Elizabeth**
Grain-Free Granola
Selected Varieties
8 OZ

$5.99

**Swerve**
Granular Sweetener
12 OZ

$7.49

**Sweeter Cards**
Card and Chocolate in One
Selected Varieties
3.5 OZ

$4.99

**Coolhaus**
Ice Cream Sandwich
Selected Varieties
5.8 FL OZ

$3.49
**VANILLA PEACH COBBLER**
makes 2 parfaits
gluten-free, grain-free, dairy-free

2 small peaches, sliced
1 tbsp coconut oil
1 tbsp HT maple syrup
sea salt, to taste
HT cinnamon, to taste
1/2 cup Purely Elizabeth Grain-Free Granola
2-4 tbsp coconut chips (optional)
10-12oz HT greek or dairy-free yogurt

In a skillet over medium heat, sauté the peach slices with coconut oil until soft, about 4 minutes. Stir in the maple syrup, sea salt, and cinnamon. Layer yogurt, cooked peaches, granola and coconut chips in two small jars (I use mason jars). Serve immediately or store in the refrigerator until ready to eat!

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**NEW AT HARRIS TEETER ...**

**purely elizabeth grain-free granola**

+ Irresistible Grain-Free Granola Clusters
+ Certified Keto, Paleo + Non-GMO
+ 4g added sugar (per serving)
Snack Time!

Gaea
Snacks
Selected Varieties
2.8 OZ
$2.69

Terra Chips
Vegetable Chips
Selected Varieties
5 to 6 OZ
2/$6

Skinny Dipped Almonds
Dipped Almonds
Selected Varieties
3.5 OZ
$3.99

Karma Nuts
Cashews
Selected Varieties
8 OZ
$6.49

Offering nutrient-dense foods that taste great to kids and are convenient for parents.

Serenity Kids
Organic Pouches
Selected Varieties
3.5 OZ
2/$5

Harris Teeter
Neighborhood Food & Pharmacy

All items priced with VIC savings card.

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