

# Dish

August 2019

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# Hummus

19 oz. can of no-salt added chickpeas, drained  
1/4 cup Silken Tofu  
1/4 cup fresh lemon juice  
2 Tbsp. WOWBUTTER Creamy Peanut Free Butter  
1 Tbsp. HT Traders Extra Virgin Olive Oil

Place all items (except salt & pepper) into a food processor and blend until smooth. Add salt & pepper to taste.

Courtesy of [www.wowbutter.com](http://www.wowbutter.com)

Back to  
School!



17.6 oz.  
**WOWBUTTER**  
Creamy Peanut Free  
Butter

**4.99**

8 oz.  
**Miyoko's**  
Organic Cultured  
Vegan Butter  
**5.49**



Selected Varieties; 10 oz.  
**Crofter's**  
Organic Premium Spread  
**3.99**



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



Selected Varieties; 8.8. oz.  
**Illy**  
Ground Coffee  
**12.99**



Selected Varieties; 10 ct.  
**Illy**  
Coffee K-Cups  
**10.99**



Selected Varieties; 12 oz.  
**Purely Elizabeth.**  
Organic Granola  
**5.99**



All items priced with VIC Savings Card

**Harris Teeter**  
Neighborhood Food & Pharmacy





Selected Varieties; 2.05 oz.

The GFB  
Bars

**3/\$5**

GLUTEN  
FREE



Selected Varieties; 2.46 to 3 oz.

Probar  
Bars

**2/\$5**

organic



16 oz.

Cape Cod Select  
Cranberries

**3.79**



8 oz.

Woodstock  
Organic Sliced Bananas

**2/\$6**

organic



8 oz.

Woodstock Organic  
Pomegranate Kernels

**5.49**

organic



Selected Varieties; 10 oz.

Woodstock Organic  
Frozen Fruit

**3.99**

organic



11.1 fl. oz.

Bulletproof  
Original  
Cold Brew with  
Collagen Protein

**4.49**



Selected Varieties; 11.1 fl. oz.

Bulletproof  
Cold Brew  
Coffee

**2/\$7**



Selected Varieties; 16 fl. oz.

Bulletproof  
Fat Water

**2/\$5**



NOT AVAILABLE IN ALL STORES

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Selected Varieties; 12 fl. oz.

**Mati**  
**Organic Sparkling**  
**Energy Drink**

**1.99**



Selected Varieties; 12 fl. oz.

**Steaz**  
**Organic Prickly Pear**  
**Water**

**1.99**



Selected Varieties; 4-6.7 fl. oz.

**Q**  
**Beverages**

**4.99**



6-600 mL.

**Eternal**  
**Artesian Water**

**5.99**



Selected Varieties; 8 fl. oz.

**Pickle Juice Shot**

**2/\$3**



Selected Varieties; 2.5 fl. oz.

**Pickle Juice Sport**

**2/\$3**

12 oz.

**Mike's Hot Honey**  
**Honey Infused**  
**with Chilies**

**8.99**





Selected Varieties; 3.5 oz.

Barnana  
Organic Banana Bites

**3.99**



Selected Varieties; 8 to 8.8 oz.

Dare  
Crackers

**2/\$4**



Selected Varieties; 6 oz.

Enjoy Life  
Minis Cookies

**4.49**

GLUTEN  
FREE



Selected Varieties; 3.2 to 7 oz.

Sesmark  
Cracker Thins

**2/\$6**



Selected Varieties; 9.5 to 9.7 oz.

Wasa  
Crispbread

**3.29**



Selected Varieties; 4.2 oz.

Made in Nature  
Organic Figgy Pops

**5.29**



Selected Varieties; .17 oz.

GimMe Organic  
Seaweed Snacks

**10/\$10**



Selected Varieties; 24 oz.

Suckerpunch  
Pickle Spears

**6.49**



Selected Varieties; 7 oz.

Tate's Bake Shop  
Cookies

**4.79**

GLUTEN  
FREE



Selected Varieties; 3 oz.

Bissinger's  
Chocolate Bar

**4.49**



All items priced with VIC Savings Card



Selected Varieties; 12 fl. oz.

Girard's  
Dressing

**4.29**



Selected Varieties; 12.7 fl. oz.

Allegro  
Marinade

**2/\$8**



Selected Varieties; 12 fl. oz.

O'Dang Hummus  
Dressing

**2/\$10**



Selected Varieties; 8.45 fl. oz.

La Tourangelle  
Organic Dressing

**5.29**



8.45 fl. oz.

Nonna Pia's  
Classic  
Balsamic Glaze

**6.99**



Selected Varieties; 12 oz.

The New Primal  
Cooking and  
Wing Sauce

**6.99**

Paleo





# Classic Buffalo Wings

1 cup Moore's Original Marinade  
1 cup Moore's Original Buffalo Wing Sauce  
1 pound fresh or frozen chicken wings;  
if frozen, thaw

Pour Moore's Original Marinade over meat. Refrigerate for at least 30 minutes. Grill wings until cooked throughout. Internal temperature should be 165°. In a large bowl, pour Moore's Original Buffalo Wing sauce over wings and toss until thoroughly mixed.

Courtesy of [www.mooresmarinade.com](http://www.mooresmarinade.com)



Selected Varieties;  
16 oz.

Moore's  
Marinade or  
Wing Sauce

**2/\$7**



12 oz.  
Chosen Foods  
100% Pure  
Avocado Oil Mayo  
**8.99**



Selected Varieties; 8 oz.  
Red Fork  
Cooking Sauce  
**2.49**



Selected Varieties;  
4-.53 to 4-.56 oz.  
LonoLife  
Bone Broth  
**5.49**



10 oz.  
Himalania  
Fine Pink Salt  
**10.29**



Selected Varieties; 12 oz.

De Cecco  
Organic Pasta

**2/\$5**



Selected Varieties; 10 oz.

Tasty Bite  
Indian Cuisine

**2/\$6**

Back to  
School!



Selected Varieties; 25 oz.

Mezzetta  
Pasta Sauce

**4.99**



Selected Varieties; 32 oz.

Rao's Homemade  
Pasta Sauce

**8.99**



Selected Varieties; 11 oz.

Sukhi's  
Indian Food  
Meal

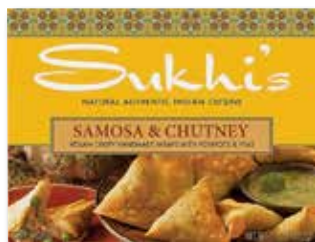
**5.99**



12 oz.

Sukhi's  
Indian Food  
Samosa & Chutney

**6.99**



Selected Varieties; 5.5 oz.

Sukhi's  
Indian Food  
Street Wrap

**2/\$6**



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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.