

# Dish

July/August 2019

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**Back  
to school!**

Time to start thinking about  
what the kids will need for  
the new school year.

# Almond Butter Granola

4 Tbsp. Smooth Barney Butter  
4 Tbsp. honey  
1/2 tsp. cinnamon  
1/2 tsp. vanilla extract  
2 Tbsp. chia seeds  
2 cups oats

Preheat oven to 325 degrees and spray cookie sheet with cooking spray. Combine Barney Butter and honey in a bowl and microwave until Barney Butter is slightly melted, about 30 seconds. Stir Barney Butter and honey together. Add cinnamon and vanilla to Barney Butter mixture. Stir oats and chia seeds into Barney Butter mixture, completely coating oats in the mixture. Spread oats onto a cookie sheet and bake for eight minutes before tossing oats and baking for another four minutes until granola is slightly brown. Let cool until granola is crunchy and enjoy!

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



Selected Varieties; 10 oz.

**Barney Butter  
Almond Butter**

**8.99**

Selected Varieties; 7 to 10 oz.  
**Schär**  
 Gluten Free Breads  
**5.79**  

**Found in the  
 Bread Aisle!**



Selected Varieties; 1.76 oz.  
**Think Thin**  
 Oatmeal  
**2/\$4**



13 oz.  
**Melt Organic**  
 Rich & Creamy  
 Spread  
**3.99** 



16 oz.  
**Melt Organic**  
 Buttery  
 Sticks  
**5.99** 

Selected Varieties; 4.2 oz.  
**Munk Pack**  
 Oatmeal  
 Fruit Squeeze  
**2.79**



Selected Varieties; 25.4 fl. oz.  
**Kitu**  
 Super Creamer  
**3.99**



Selected Varieties; 32 fl. oz.  
**Cheribundi**  
 Tart Cherry Juice  
**7.99**



Selected Varieties; 15.5 fl. oz.  
**Guayaki**  
 Organic Yerba Mate  
**2.79** 



Selected Varieties; 6 oz.

**Frontera  
Marinade**

**2/\$4**



**Harris Teeter**  
Neighborhood Food & Pharmacy

Selected Varieties; 12 fl. oz.

**Brianna's Home  
Style Dressing**

**2/\$6**



Selected Varieties; 12 fl. oz.

**Walden Farms  
Dressing**

**2/\$7**



Selected Varieties; 8 oz.

**Frontera  
Skillet or Enchilada  
Sauce**

**2.29**



Selected Varieties; 8.6 fl. oz.

**Nando's  
Perinaise Mayo**

**2/\$9**



Selected Varieties; 12 fl. oz.

**O'Dang Hummus  
Dressing**

**4.99**



Selected Varieties; 7 oz.  
**Saffron Road**  
**Simmer Sauce**  
**2/\$5**



Selected Varieties; 4.4 oz.  
**Falksalt**  
**Sea Salt**  
**6.99**



5 fl. oz.  
**Try Me**  
**Tiger Sauce**  
**2.69**



Selected Varieties; 12 fl. oz.  
**Cardini's**  
**Dressing**  
**2/\$6**



5.5 to 7 oz.  
**Magic**  
**BBQ or Salmon**  
**Seasoning**  
**4.29**



15 oz.  
**Nutiva Organic**  
**Coconut Manna**  
**10.99**



Selected Varieties; 4 oz.

Hippeas  
Organic  
Chickpea Puffs

**2/\$5**



Selected Varieties; 2.7 to 3.4 oz.

Bare Fruit  
Dried Fruit Snacks

**3.99**



Selected Varieties; 5.8 oz.

Coolhaus  
Ice Cream Sandwich

BUY ONE GET ONE  
**FREE**



Selected Varieties; 5 oz.

Popchips  
Potato Chips

**2/\$6**



Selected Varieties; 5.6 oz.

Daiya Foods  
Burrito

**3.99**



Selected Varieties; 7.1 oz.

Daiya Food  
Style Shreds

**3.79**





## Coconut Blueberry Muffins

1 cup organic coconut flour  
1/2 tsp. sea salt  
1 tsp. baking soda  
1/2 cup + 2 Tbsp. raw honey  
1 cup coconut milk

6 eggs  
4 tsp. vanilla extract  
1/4 cup Nutiva Organic Virgin Coconut Oil  
1/4 cup organic chia seeds  
1 cup organic blueberries

Preheat oven to 350°. Sift the coconut flour, baking soda & salt in a bowl. In a blender or bowl mix the milk, honey, eggs, coconut oil and vanilla. Add the chia seeds and blend on low. Let sit for 5 to 10 minutes. Pour the wet ingredients into the bowl with dry ingredients and mix well. Fold in the blueberries to mixture at the very end, and gently stir together. Spoon the batter into greased cupcake sleeves or tins. Bake at 350° for 25 to 30 minutes, until golden brown and cooked through. Cool on rack and serve.

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

23 oz.  
**Nutiva**  
**Organic Virgin**  
**Coconut Oil**  
**12.99**

Selected Varieties; 24 oz.  
**Rao's Homemade  
 Pasta Sauce**

**6.99**



Selected Varieties; 25 oz.  
**Cucina Antica  
 Pasta Sauce**

**5.99**



Selected Varieties; 32 oz.  
**Michael's of Brooklyn  
 Pasta Sauce**

**7.99**



Selected Varieties; 8 to 12 oz.  
**Explore Cuisine  
 Pasta**

**2/\$7**



Selected Varieties; 25 oz.  
**The Jersey Tomato Co.  
 Pasta Sauce**

**6.99**



Selected Varieties; 12 oz.  
**De Cecco  
 Organic Pasta**

**2/\$5**

organic



18 oz.  
**Beecher's  
 Gluten Free  
 Mac n Cheese**

**11.99**

GLUTEN FREE



NEW

20 oz.  
**Beecher's  
 World's Best  
 Mac n Cheese**

**10.99**



4.8 oz.  
**Nature's Earthly Choice  
 Roasted Garlic  
 & Olive Oil Quinoa**

**3.49**



3.5 oz.  
**Crosse & Blackwell  
 Capers**

**4.49**



All items priced with VIC Savings Card

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