



Nature's Temptations

Natural Food Market • Juice Bar & Café

February 2019

Late July
Organic Crackers

2/\$5

6 oz



Alter Eco
Organic Chocolate Bar

2/\$5

2.65-2.82 oz



Amy's
Organic Soup
(selected varieties)

2/\$5

14.1-14.5 oz



R.W. Knudsen
Organic
Tomato Juice

\$2⁹⁹

32 oz



Coconut Bliss
Organic Non-Dairy
Frozen Dessert

\$4⁷⁹

1 pt



Hope
Organic Hummus

2/\$6

8 oz



GT's
Organic
Kombucha

2/\$5

16 oz



Justin's
Organic
Peanut Butter Cups

3/\$4

1.4 oz



Garden of Eatin'
Blue Corn
Tortilla Chips

\$3⁴⁹

16 oz



Yogi
Tea

2/\$6

16 ct



So Delicious
Organic
Coconut Milk

\$3²⁹

64 oz



Prices & varieties may vary by location. Some items or varieties may not be available at all stores or on the same days in the month of February.

Crofter's Organic
Organic
Premium Spread
(selected varieties)

\$3⁶⁹

16.5 oz



HAZELNUT HEART COOKIES

2 cups organic all purpose flour
1/2 cup unsalted butter, softened
1/2 cup organic cane sugar
1/3 cup ground hazelnuts
Crofter's Organic Raspberry Just Fruit Spread (as much needed to assemble cookies)
Sugar Topping
1 tsp. vanilla sugar
1 tsp. organic cane sugar



Preheat oven to about 350°F and prepare a baking sheet lined with parchment paper.
Mix flour, butter, cane sugar and hazelnuts and work into a smooth dough. If mixture is too crumbly, add a bit more softened butter.
Roll dough out on a smooth surface and cut out hearts with a cookie cutter.
Place hearts on baking sheet and bake until golden.
Let hearts cool until you can handle them, and spread raspberry spread on one cookie and place another on top.
Mix the vanilla sugar and cane sugar and dip hearts in sugar mixture while still warm.

CROFTER'S[®]
ORGANIC

FRUIT SPREADS THAT CARE
FOR PEOPLE AND THE PLANET

We take care to source heritage varieties of organic and non gmo fruit from suppliers that support traditional agricultural communities in the best fruit growing regions around the world.



33% LESS SUGAR
THAN A PRESERVE
10 CALORIES PER SERVING

✓ GREAT FRUIT TASTE
✓ CLEAN INGREDIENTS
✓ GLUTEN FREE ✓ VEGAN



MORE GREAT RECIPES AT CROFTERSORGANIC.COM

Immaculate Baking
Organic Flaky Biscuits

2/\$6

16 oz



Arrowhead Mills
Buttermilk
Pancake Mix

\$3⁷⁹

26 oz



Silk
AlmondMilk
(selected varieties)

\$3²⁹

64 oz



Brown Cow
Cream Top Whole Milk
Yogurt

5/\$4

5-5.3 oz



Teccino
Organic
French Roast
Chicory Herbal Coffee

\$7⁹⁹

11 oz



Califia Farms
Better Half
Creamer

\$2⁴⁹

16.9 oz



Happy Baby
Organic Yogis

\$2⁹⁹

1 oz



Larabar
Fruit & Nut Bar

5/\$5

1.6-1.7 oz



Kicking Horse Coffee
Organic Coffee
(selected varieties)

\$7⁴⁹

10 oz



SweetLeaf
Sweet Drops
(selected varieties)

\$8²⁹

2 oz



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Chocolate-Dipped Fruits

- 2 c your favorite fresh fruit, cut into bite-sized pieces (berries, bananas, citrus)
- 1 bar (3.5-4oz) of chocolate
- 1 T coconut oil

Fill a small saucepan with half inch of water and heat until barely simmering. Chop chocolate bar into small pieces and place in stainless steel bowl with coconut oil and set over simmering water. Let chocolate and oil melt, stirring occasionally until smooth. Remove from heat. One by one, dip fruit into chocolate and place on baking sheet lined with non-stick parchment paper. Allow chocolate-dipped fruit to sit at room temperature for 1 hour, or place in refrigerator for 30 minutes before enjoying.

Endangered Species Chocolate Bar

2/\$4

3 oz



Dr. Bronner's Organic Virgin Coconut Oil

\$7.49

14 oz



Sunspire Organic Chocolate Chips (selected varieties)

\$3.99

9 oz



Pamela's Baking & Pancake Mix

\$5.99

24 oz



Go Raw Organic Sprouted Cookies

\$3.49

3 oz



Munk Pack Protein Cookie

3/\$5

2.96 oz



Stretch Island Fruit Leather

39¢

.5 oz



Green & Black's Organic Chocolate Bar

\$2.69

3.5 oz



Panda Licorice

2/\$5

7 oz



Brown Cow Cream Top Whole Milk Yogurt

2/\$6

32 oz



Clif Bar Organic Nut Butter Filled Bar

4/\$5

1.76 oz



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Jackson's Honest
Potato Chips



2/\$6

5 oz

GT's
Organic Multi-Serve
Kombucha
(selected varieties)



\$6⁹⁹

48 oz

Amy's
Pizza
(selected varieties)



\$5⁹⁹

12-14 oz

Taste Nirvana
Real Coconut Water
(selected varieties)



2/\$3

9.5 oz

KIND
Nuts & Spices Bar



3/\$4

1.4 oz

Theo
Organic
Chocolate Bar
(selected varieties)



2/\$5

3 oz

Barnana
Organic
Plantain Chips



\$3⁴⁹

5 oz

Health-Ade
Organic
Kombucha



2/\$6

16 oz

Simple Mills
Almond Flour
Crackers



\$3⁴⁹

4.25 oz

Chocolove
Chocolate Bar



2/\$4

2.9-3.2 oz

Siete
Grain Free
Tortilla Chips



\$3⁴⁹

5 oz

Enjoy Life Foods
Soft-Baked
Cookies



\$2⁹⁹

6 oz

Annie's Homegrown
Organic
Mac & Cheese
(selected varieties)



2/\$5

6 oz

gimMe Organic
Organic
Seaweed Snack



2/\$3

.35 oz

Terra Chips
Sweet Potato
Chips



2/\$5

5.5-6 oz

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Mary's Gone Crackers
Organic Original
Seed Crackers
(selected varieties)

\$3²⁹

5.5-6.5 oz



Organic Valley
Organic Cheese Crumbles

\$3⁶⁹

4 oz



Muir Glen
Organic
Pasta Sauce

2/\$5

25.5 oz



Daiya
Dairy Free
Cheese Style
Shreds

\$3²⁹

7.1-8 oz



Spectrum
Organic Unrefined
Extra Virgin Olive Oil

\$10⁴⁹

25.4 oz



Mediterranean Organic
Organic Capers

\$2⁴⁹

3.5 oz



Muir Glen
Organic Tomatoes
(selected varieties)

2/\$5

28 oz



Wolfgang Puck
Organic Soup
(selected varieties)

2/\$4

14.5 oz



The Greek Gods
Greek-Style Yogurt
(selected varieties)

2/\$6

24 oz



Bragg
Organic Apple
Cider Vinegar

\$3⁹⁹

32 oz



Kettle
Potato Chips
(selected varieties)

2/\$5

5 oz



Organic Valley
Organic
Lactose Free Milk

\$4⁶⁹

64 oz



Late July
Clásico
Tortilla Chips

2/\$5

5.5 oz



C2O
Coconut Water

2/\$3

17.5 oz



Farmhouse Culture
Organic Gut Shots

\$4⁹⁹

16 oz



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HEMP MAKES IT SUPER!



Booster Blue Smoothie

- 8 ice cubes
- 1 cup non-dairy beverage
- 1 1/2 cups fresh blueberries
- 2 tbsp. Manitoba Harvest Hemp Hearts
- 6 tbsp. Hemp Yeah! Plant Protein Blend - Any flavor

Place all ingredients in a blender and pulse until smooth and creamy. Pour into a glass and top with more blueberries and a sprinkle of Hemp Hearts.



Nutritious and easy to use, hemp is an excellent way to add protein and omegas to your favorite recipe.

www.manitobaharvest.com

Manitoba Harvest Organic Hemp Hearts

\$8⁴⁹
12 oz



Good Karma Flaxmilk (selected varieties)

\$2⁷⁹
64 oz



Natural Factors Organic Oil of Oregano

\$16⁹⁹

1 oz



Garden of Life Raw Organic Protein Powder

\$29⁹⁹

568-664 g



Wedderspoon Raw Manuka Honey KFactor 16

\$36⁹⁹

17.6 oz



MegaFood Blood Builder

\$12⁴⁹

30 tab



Oregon's Wild Harvest Turmeric

\$21⁹⁹

60 cap



Boiron Coldcalm

\$8⁴⁹

60 tab



Vega Sport Premium Protein

\$39⁹⁹

28.3-29.5 oz



New Chapter Wholemega™ Whole Fish Oil

\$19⁹⁹

60 gel



Nature's Way Umcka® ColdCare Cherry Syrup

\$11⁹⁹

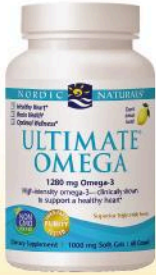
4 oz



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Nordic Naturals
Ultimate Omega

\$21⁹⁹
60 ct



NORDIC  NATURALS®

Ultra-concentrated omega-3s
for unmatched support.*

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Aura Cacia
Lavender
Essential Oil

\$8²⁹
.5 oz



Giovanni
Shampoo &
Conditioner
(selected varieties)

\$5⁷⁹
8.5 oz



Andalou Naturals
Body Lotion
(selected varieties)

\$6⁴⁹
8 oz



Alaffia
Everyday Coconut
Shampoo &
Conditioner

\$11⁹⁹
32 oz



Thayers
Witch Hazel
(selected varieties)

\$7²⁹
12 oz



Weleda
Skin Food

\$15⁴⁹
2.5 oz



ShiKai
Borage Therapy
Original Formula
Lotion

\$9⁴⁹
8 oz



Mineral Fusion
Volumizing Mascara

\$15¹⁹
.57 oz



Heritage Store
Rosewater
with Atomizer

\$4²⁹
4 oz



ECOS
All-Purpose
Cleaner
(selected varieties)

\$2⁵⁹
22 oz



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