

n This Issue **Recipe:**

Spinach Avocado Dip page 4

Recipe:

Mike's Hot Honey Chicken Wings page 6





.7 oz.

4th & Heart Madagascar Vanilla Bean Ghee Butter...2.49

.7 oz.

.1.69 4th & Heart Original Ghee Butter.....

4th & Heart Ghee Oil Spray9.79

9 oz.

4th & Heart



Selected Varieties; 6.3 oz. **Enjoy Life** Ricemilk Crunch **Chocolate Minis**

7.49 GLUTEN





Selected Varieties; .6 to 1.2 oz. Knorr **Gravy Mix**

1.49



Selected Varieties; 12 fl. oz. Brianna's Home Style **Dressing**

3.29



Selected Varieties; 32 fl. oz. Kitchen Basics **Organic Stock**





Selected Varieties; 8.5 to 9 oz. Crosse & Blackwell

3.99

Chutney



Selected Varieties; 12 oz. Crosse & Blackwell **Seafood Sauce**

2.49



Selected Varieties; 16 fl. oz. Holland House **Cooking Wine**

3.49



Selected Varieties; 6 fl. oz. Frontera Marinade





Selected Varieties: .6 to 2.7 oz.

Morton & Bassett



.14 or 2.7 oz.

Morton & Bassett

Blueberry and Mustard Glazed Ham

- 1/2 jar Bonne Maman Wild Blueberry Preserves
- 1/2 jar Maille Original Whole Grain Mustard
- 1/4 cup Gerolsteiner Sparkling Apple Drink
- 8 lb. fully cooked, spiral sliced ham

Prepare glaze by mixing together blueberry preserves, whole grain mustard and apple drink together. Brush mixture on top of the ham. Place ham in oven and cook according to directions, basting with glaze every 20 minutes. Once ham is done, place on a large serving platter and garnish.

Selected Varieties; 13 oz.

Bonne Maman **Preserves**

4.79

Selected Varieties; 7.5 to 8 oz.

Maille Mustard

3.69

25.3 fl. oz.

Gerolsteiner Sparkling Apple Drink







Are you ready for the FINALS?



Selected Varieties; 5 to 5.25 oz. Old London Melba Toasts or Snacks

2.99

Selected Varieties; 16.9 fl. oz.

Fever-Tree **Beverages**

2.99



Selected Varieties: 4 oz. **Joyfuls Chocolate Treats**

2/^{\$}7



Selected Varieties; 3.5 oz.

Barnana **Chewy Organic** Banana Bites

3.99





Selected Varieties; 4.76 to 8.8 oz.

Dare

Crackers

2/\$5



Selected Varieties; 7 oz. Bhuja Snacks

2/\$6



Selected Varieties; 4.2 oz.

Made in Nature Figgy Pops Super Snacks





Selected Varieties; 2.7 to 3.4 oz.

Bare Fruit **Dried Fruit Chips**



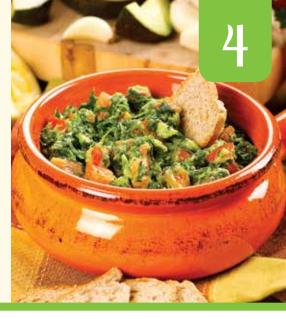
Spinach Avocado Dip

- 2 avocados
- 8 oz. spinach
- 1 garlic clove
- 2 Tbsp. lemon juice

- 1 tsp. cumin
- 1 cup tomatoes
- Old London Melba Toasts or Snacks
- salt and pepper to taste

Add avocados, spinach, garlic, lemon juice and cumin to a blender or food processor. Pulse on high until all ingredients are incorporated. Season with salt and pepper. Mix in chopped tomatoes and serve with Old London® Melba Toasts or Snacks.

Courtesy of www.oldlondonfoods.com



Selected Varieties; 9.5 to 9.7 oz.

Wasa
Crispbread

2.99



Selected Varieties; 15.7 to 16.7 oz.

Daiya Deliciously Dairy-Free Pizza

7.99



6/600 ml. Eternal

Artesian Water

2/\$10



Selected Varieties; 5.3 oz.
Walkers
Shortbread Cookies
3.99



1 oz.

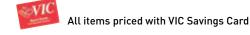
Tate's Bake Shop Tiny Chocolate Chip Cookies

4/\$5



7.05 oz. Vicenzi Ladyfingers







better for cooking, better for you

5 fl. oz.

Thrive Culinary Algae Oil 6.99 Cooking Oil Spray

16.9 fl. oz.

Thrive Culinary Algae Oil





Selected Varieties; 1 lb. Delverde Pasta 2/\$4

Selected Varieties: 17.5 oz. De Cecco Gnocchi

3.49

Selected Varieties; 25 oz.

The Jersey Tomato Co. Pasta Sauce

6.49

Selected Varieties; 25 fl. oz.

Paesana Pasta Sauce

4.99

14 oz.

Nature's Earthly **Choice Organic** Italian Pearled Farro

5.29 Organic



Selected Varieties; 25 oz. Emeril's Pasta Sauce

<u>4.49</u>

Selected Varieties; 7 fl. oz. Saffron Road Simmer Sauce







Mike's Hot Honey Chicken Wings

- 3 lbs. chicken wings
- 1/2 cup Mike's Hot Honey plus extra for drizzling
- 1/3 cup soy sauce
- 2 Tbsp. canola oil
- 2 tsp. salt
- 1 tsp. garlic powder
- 1 tsp. Worcestershire sauce

Mike's Hot Honey
Infused with Chilies

8.79



In a saucepan, combine honey, soy sauce, oil, salt, garlic powder, and Worcestershire sauce. Cook on low heat and stir until blended and heated through. Cool to room temperature. Marinate chicken wings in honey mixture for at least 4 hours. Drain and discard marinade. Place wings on a greased pan and bake, uncovered, at 375° for 30 minutes. Turn wings. Bake 20 to 25 minutes longer. Drizzle liberally with Mike's Hot Honey, toss and serve.

Courtesy of www.mikeshothoney.com

3.5 oz.
Crosse & Blackwell
Capers
4.29



13.5 fl. oz.
Maille
Cornichons **5.99**



7

Selected Varieties; 24 oz.

Maple Grove Farms

Pancake or Waffle Mix

4.29



Selected Varieties; 10 oz. Barney Butter Almond Butter

8.99



Selected Varieties; 10 oz.

Dickinson's

Preserves or Curd

3.59



Selected Varieties; 5.3 oz.

Brown Cow Cream Top Yogurt

79¢



Selected Varieties; 8.8 oz.
Illy
Ground Coffee

13.99

Selected Varieties; 10 ct.

K-Cup Coffee 10.99



10 oz

Nature's Earthly Choice Organic Milled Flax Seed

4.99





Selected Varieties; 14.5 to 17.9 oz.

Foodstirs Baking Mix

3.99



2 fl. oz.

Madecasse Madagascar Vanilla Extract

11.49



3 ct.

Madecasse Madagascar Vanilla Beans

23.99



8 oz.

Bob's Red Mill Muesli

4.29



Selected Varieties; 1.81 to 2.5 oz.

Bob's Red Mill Gluten Free Oatmeal

2.29





24 oz.

Bob's Red Mill Organic Steel Cut Oats

3.99





32 oz.

Bob's Red Mill Organic Extra Thick Rolled Oats



