

Dish

October 2020

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Recipe: Bonne Maman
Pumpkin Spice Spread Waffles

Recipe: Pumpkin Chocolate Chip Bread



Bonne Maman Pumpkin Spice Spread Waffles

INGREDIENTS:

2 cups sifted all purpose flour 4 eggs, separated
 4 tsp. baking powder 1 cup melted butter
 1 tsp. salt ¼ cup Bonne Maman Pumpkin
 2 cups whole milk Spice Spread

DIRECTIONS:

Stir together dry ingredients in a medium sized bowl.
 Stir together egg yolks, milk, melted butter, and pumpkin
 spread in a second bowl and gently stir into the dry mix.
 Whip egg whites to stiff peaks and gently fold
 into the batter. Prepare waffles in a waffle maker.
 Top with a dollop of Bonne Maman
 Pumpkin Spice Spread.



For more delicious
 recipes, visit
www.bonnemaman.us



Pumpkin Flavor



Bonne Maman
 Pumpkin Spice Spread
 13 OZ

\$4.99



Pumpkin Flavor



organic

Farmer's Market

Organic
 Pumpkin Pie Mix
 15 OZ

2/\$7



Pumpkin Flavor



organic

Farmer's Market

Organic
 Pumpkin
 15 OZ

\$2.69



Midel

Gluten Free
 Pie Crust
 Graham Style
 7.1 OZ

\$3.69



Simple Mills

Almond Flour
 Baking Mix
 Pumpkin Muffin
 9 OZ

\$6.99

Pumpkin Flavor



Simple Mills

Baking Mixes
 Selected Varieties
 10.4 to 12.9 OZ

\$6.99

Dare
Pumpkin Spice
or Maple Creme
Cookies
10.2 to 10.6 OZ
2/\$6



Pumpkin Flavor



Michel Et Augustin

Cookies Squares
Selected Varieties
4.9 OZ

\$3.99



NEW

Lesser Evil
Organic Buddha
Bowl Popcorn
Selected Varieties
5 to 7 OZ
2/\$6



NEW



Breton
Crackers
Selected Varieties
7 to 8.8 OZ

2/\$5

Superseedz
Pumpkin Seeds
Selected Varieties
5 OZ

2/\$9



Pumpkin Seeds



Dare

My favorite
season is

Pumpkin Spice



Dare
made
better.

Made with Real Pumpkin
No Artificial Flavors No Preservatives

purely elizabeth.®

salty-sweet
granola clusters

PUMPKIN CHOCOLATE CHIP BREAD

grain-free

1 cup coconut sugar
1/2 cup almond flour
1 cup coconut flour
1/2 tsp cinnamon
1 tsp baking soda
1/2 cup pumpkin purée
1/3 cup coconut oil
2 eggs
1 tsp vanilla
1/3 cup walnuts
1/2 cup chocolate chips
Purely Elizabeth Original or Pumpkin
Cinnamon Ancient Grain Granola

Preheat oven to 350°F. Use an oil spray or coconut oil to grease loaf pan. Meanwhile, in a large bowl, stir together the sugar, flours, cinnamon, and baking soda until well combined. In a separate bowl, whisk together the pumpkin purée, oil, eggs, and vanilla until smooth. Pour the wet ingredients into the dry and stir until well combined. Fold in the walnuts and chocolate chips. Pour into loaf pan and bake for 45-50 minutes. Top with Purely Elizabeth Granola.

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AT HARRIS
TEETER!



Available in Ancient Grain, Probiotic
+ Grain-Free Flavors



Bravado Spice Co

Pineapple & Jalapeno
Margarita Mix
32 FL OZ

\$11.99



Bravado Spice Co

Hot Sauce
Selected Varieties
5 FL OZ

\$4.99



Q Drinks

Beverages
Selected Varieties
4/6.7 FL OZ

\$4.49



Gerolsteiner

Sparkling
Mineral Water
25.3 FL OZ

2/\$4



Traditional Medicinals

Organic Herb Tea
Selected Varieties
16 BAG

\$4.99



Purely Elizabeth

Vibrant Oats
Selected Varieties
2 OZ

2/\$5

purely elizabeth.™



Kize Concepts

Life Changing Bar
Selected Varieties
1.5 to 1.6 OZ

2/\$4



Purely Elizabeth

Granola
Selected Varieties
8 to 12 OZ

\$5.99



Pumpkin Flavor

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.



Breton. *Original*

Top Breton Original with:

- Aged cheddar
- Sliced apple
- Drizzle of honey



Breton. *Multigrain*

Top Breton Multigrain with:

- Plain cream cheese
- Red pepper chutney
- Chopped fresh chives



Cabaret

Top Cabaret with:

- Fresh salsa
- Sharp cheddar cheese
- Sliced green onion



grainsfirst

Top grainsfirst with:

- Ranch dip
- Sliced avocado
- Bacon bits



For over 125 years our family-owned business has held itself to a higher standard. We are committed to giving you the products you want and to using the very best ingredients to make them. Because to our family, "Made Better" isn't just a claim, it's our promise.

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darefoods.com



@Bretoncrackers



@Breton



Kettle And Fire

100% Grass-Fed
Bone Broth
Selected Varieties
16.9 OZ

\$6.49



Freshe

Entrees
Selected Varieties
4.25 OZ

\$3.99



Cappello's

Pizza
Selected Varieties
11 to 12 OZ

\$7.99



Serenity Kids

Organic
Meat Pouches
Selected Varieties
3.5 OZ

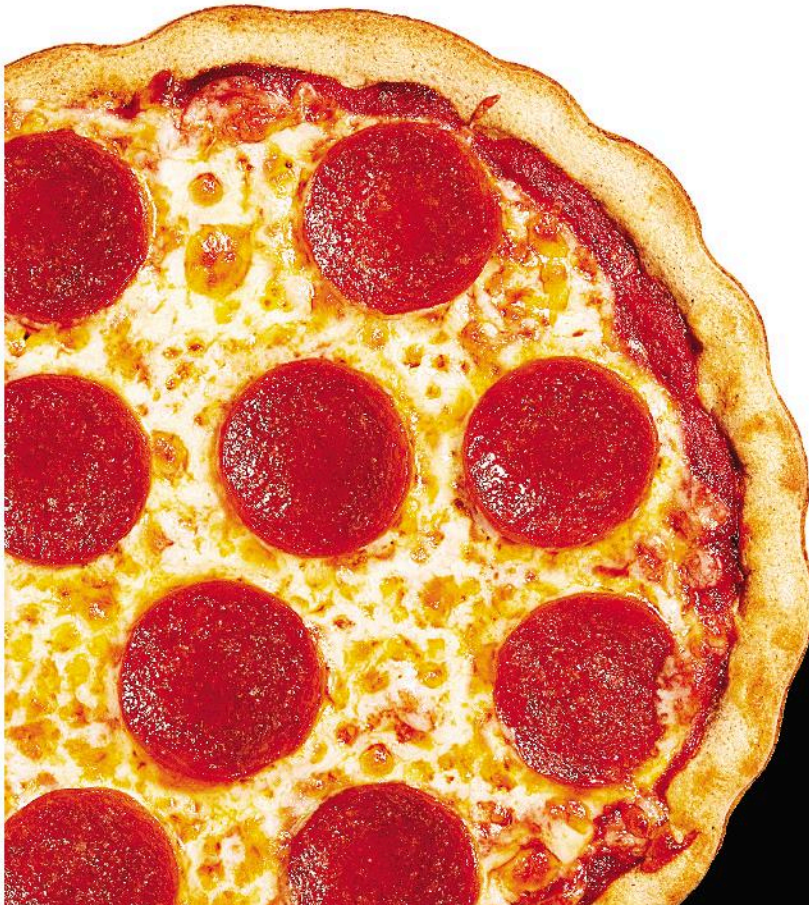
2/\$5



Serenity Kids

Organic
Veggie Pouches
Selected Varieties
3.5 OZ

2/\$4

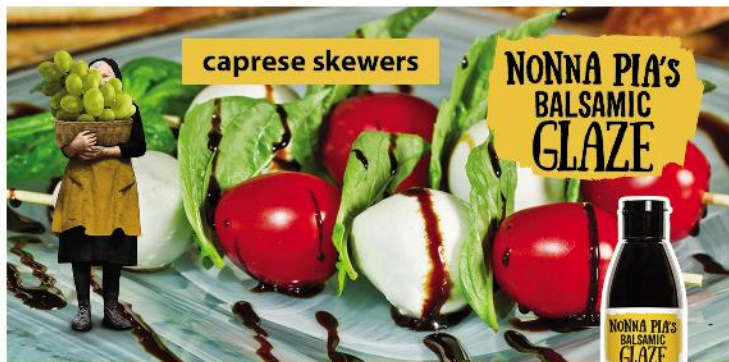


CAPPELLO'S[®] ALMOND FLOUR PIZZAS



**One day you're an almond,
the next you're a pizza.**

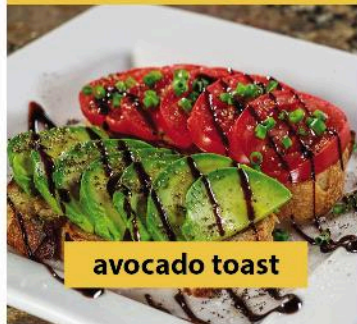
Please welcome the world's first almond flour
pizza made with simple, real food ingredients.
Grain Free, Gluten Free & packed with 11-14g
Protein per serving.



caprese skewers

NONNA PIA'S
BALSAMIC
GLAZE

recipes @nonnapias.com



avocado toast



pizza



Nonna Pia's

Balsamic
Glaze
8.45 FL OZ

\$6.99



Pumpkin Flavor

Cucina Antica

Pasta Sauce
Selected Varieties
25 OZ

\$5.99



Terlato Kitchen

Pasta Sauce
Selected Varieties
24 OZ

\$5.99



Banza

ChickPea Pasta
Selected Varieties
8 OZ

\$3.99



Armbruster

Noodles
Selected Varieties
16 OZ

2/\$6



NEW

organic

4 Sisters

Organic Brown Rice
Selected Varieties
2 LB

\$4.99



Patak's

Chutney
Selected
Varieties
12 OZ

\$4.99



Patak's

Sauce
Selected
Varieties
15 OZ

\$3.99



Patak's

Simmer Sauce
or Paste
Selected Varieties
10 to 15 OZ

\$4.79



Moore's
Hot Sauce
Selected Varieties
6 FL OZ

2/\$7



Moore's
Marinade
Buffalo Wing
16 FL OZ

2/\$7



Red Fork
Seasoning Sauce
Selected Varieties
4 OZ

2/\$4



Mrs. Renfro's
Salsa
Selected Varieties
16 OZ

2/\$7



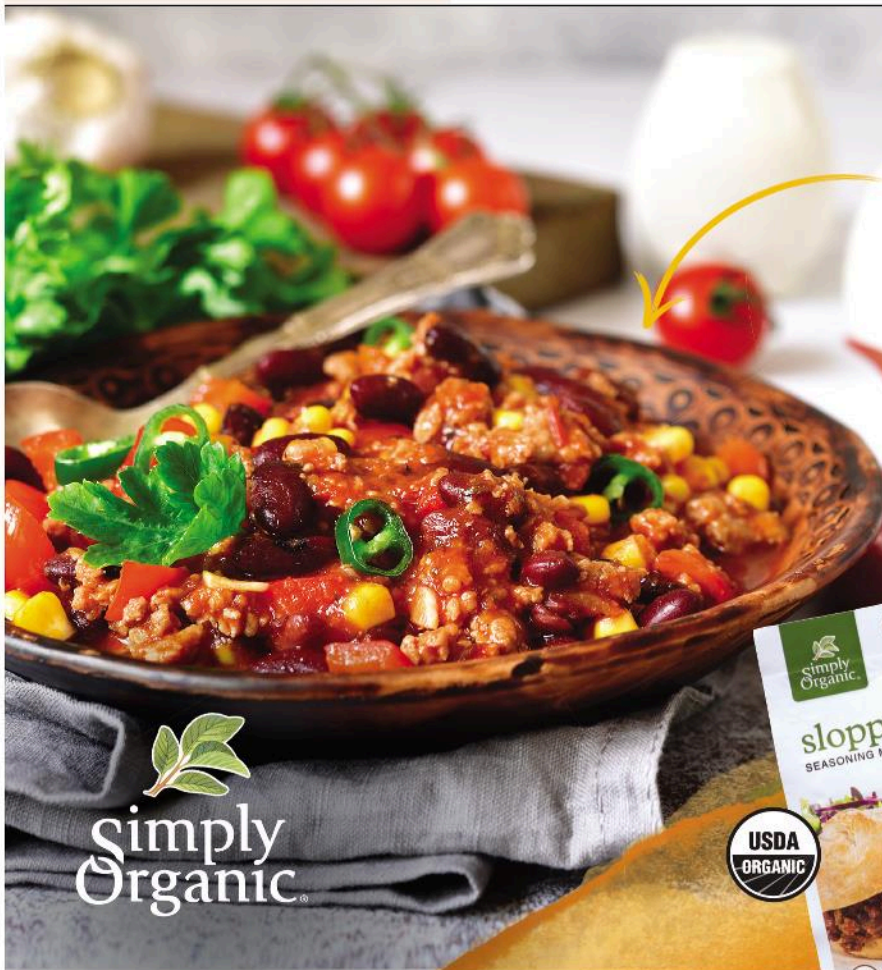
Sir Kensington's
Balsamic
Vinaigrette
Selected Varieties
8.45 FL OZ

\$4.79



Simply Organic
Organic
Seasoning Mixes
Selected Varieties
1 to 1.41 OZ

2/\$3



Real Spice FOR Real Bite

Find the flavor fast track with:

- ✓ Real vibrant taste
- ✓ Real organic ingredients
- ✓ No GMOs, ETOs or irradiation

simply Organic





Nando's
Perinaise
Selected Varieties
8.6 FL OZ

2/\$9



Nando's
Peri-Peri Hot Sauce
Selected Varieties
9.1 FL OZ

\$3.99

Do your food a flavor!
Southern African PERi-PERi chilies blended with lemons, spices and garlic.

Grilled PERi-PERi Shrimp

Directions:

1. Soak skewers in water.
2. Place shrimp in a mixing bowl and add PERi-PERi. Mix to coat shrimp.
3. Allow shrimp to marinate for 30 minutes.
4. Place marinated shrimp on soaked skewers.
5. Grill shrimp skewers on high heat. Cook for 2-3 minutes on each side.
6. Drizzle with PERi-PERi and enjoy!

Ingredients:
1 cup Nando's PERi-PERi, Flavor of your choice
1 lbs peeled large shrimp
Small handful of chopped parsley to garnish



Siete
Hot Sauce
Selected Varieties
5 OZ

\$4.99



Siete
Tortilla Chips
Selected Varieties
5 OZ

\$4.79



Siete
Taco Seasoning
Selected Varieties
1.31 OZ

2/\$5



Siete
Grain Free
Taco Shells
5.5 OZ

\$5.49

SALSA GOD

“What You Put on Your Taco Matters!”™

Men's Health 100 BEST FOODS FOR MEN 2020

NON GMO Project VERIFIED
nongmoproject.org



Salsa God
Salsa
Selected Varieties
16 OZ

\$3.99



Cholula
Hot Sauce
Selected Varieties
5 FL OZ

2/\$6

THE SIETE STORY

In 2009, all seven (siete) members of the Garza family began exercising together and adopted a grain free diet to support Veronica, their sister and daughter, who was diagnosed with multiple health conditions.

Going grain free meant that this third-generation Mexican-American family from South Texas could no longer eat many of their favorite foods. So, Veronica began to create grain free dishes her whole family could enjoy.

When their Grandma Campos said that Veronica's first creation, a grain free almond flour tortilla, tasted better than her own homemade flour tortillas, the family realized they had something special. In 2014, with their grandma's stamp of approval, Siete was born.



GRAIN FREE • DAIRY FREE • PALEO • VEGAN



Only whole food ingredients.
Nothing artificial, ever.



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Crackers
Selected Varieties
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\$4.49



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