In This Issue:
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 tsp. baking powder
- 1 tsp. salt
- 2 cups whole milk
- 4 eggs, separated
- 1 cup melted butter
- ½ cup Bonne Maman Pumpkin 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.bonmemaman.us

---

**Bonne Maman Pumpkin Spice Spread**
13 OZ
$4.99

---

**Farmer's Market**
Organic Pumpkin Pie Mix
15 OZ
2/$7

**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

---

**Simple Mills**
Almond Flour Brownie
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

Michel Et Augustin Cookies Squares Selected Varieties 4.9 oz $3.99

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

Breton Crackers Selected Varieties 7 to 8.8 oz 2/$5

Superseedz Pumpkin Seeds Selected Varieties 5 oz 2/$9

My favorite season is Pumpkin Spice

Made with Real Pumpkin
No Artificial Flavors No Preservatives
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.
Bravado Spice Co
Pineapple & Jalapeno Margarita Mix
32 FL OZ
$11.99

Q Drinks
Beverages
Selected Varieties
4/6.7 FL OZ
$4.49

Bravado Spice Co
Hot Sauce
Selected Varieties
5 FL OZ
$4.99

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

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

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.
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.

For exciting recipes visit: 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.
<table>
<thead>
<tr>
<th>Product</th>
<th>Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Moore's Hot Sauce</td>
<td>Selected Varieties</td>
<td>2/$7</td>
</tr>
<tr>
<td>Red Fork Seasoning</td>
<td>Sauce Selected Varieties</td>
<td>2/$4</td>
</tr>
<tr>
<td>Mrs. Renfro's Salsa</td>
<td>Selected Varieties</td>
<td>2/$7</td>
</tr>
<tr>
<td>Moore's Marinade</td>
<td>Buffalo Wing 16 FL OZ</td>
<td>2/$7</td>
</tr>
<tr>
<td>Sir Kensington's</td>
<td>Balsamic Vinaigrette Selected Varieties</td>
<td>$4.79</td>
</tr>
<tr>
<td>Simply Organic</td>
<td>Organic Seasoning Mixes Selected Varieties</td>
<td>2/$3</td>
</tr>
</tbody>
</table>

**Real Spice for Real Bite**

Find the flavor fast track with:
- Real vibrant taste
- Real organic ingredients
- No GMOs, ETOs or irradiation
**Nando’s**

- Perinaise
  - Selected Varieties
  - 8.5 FL OZ
  - 2/$9

- Peri-Peri Hot Sauce
  - Selected Varieties
  - 9.1 FL OZ
  - $3.99

**Siete**

- Hot Sauce
  - Selected Varieties
  - 5 OZ
  - $4.99

- Tortilla Chips
  - Selected Varieties
  - 5 OZ
  - $4.79

- Taco Seasoning
  - Selected Varieties
  - 1.31 OZ
  - 2/$5

- Grain Free Taco Shells
  - 5.5 OZ
  - $5.49

**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.

Simple Mills
Crackers
Selected Varieties
4.25 OZ
$4.49

www.simplemills.com