

Lunch Box Snacks

\$2.99

Raspberries
Save \$2



2/\$3

Baby Carrots
Save \$1.78



99¢

BROWN COW
Organic Yogurt Cups
Save 40¢



\$3.99

Blueberry Pints
Save \$1



\$11.49

BEE'S WRAP
Bee's Wrap
Assorted Packs
Save \$2.50



\$6.59

TO GO WARE
Kids Bamboo
Utensil Set
Save \$2



\$1 OFF

CGFC KITCHEN
Co-op Made Burritos
Save \$1



\$3.49

MADE GOOD
OG Granola Bars
Save \$1



\$3.99

BEAR
Fruit Yoyos
Save \$1



\$3.99 lb

GRANOLA KITCHEN
Bulk
Pretzels Yogurt
Save \$1 lb



\$2.89

FROM THE GROUND UP
Cauliflower Stars
Save \$1



\$8.99

RYAN PATRICK
Red Head Red
Save 96¢



**The News-Gazette's People's Choice
#1 Best Health Food's Store for 2019!**



Fermentation: Make & Take

SEPT 7 2-4P

Keep the abundance of summer around all year long through the addition of one ingredient: salt! This class will cover the basics of lacto-fermentation which preserves food, supports gut health, fights food waste, and transforms simple vegetables into edible adventures! Bring a few jars and leave with you new favorite food!

\$4.99

Mini Watermelon
Save \$1



2/\$4

WOLF CREEK
1lb Local
Pepper Bags
Save \$1.38



\$10.00 lb

ARRIGONI

Taleggio

Save \$1.25 lb



\$5.00

DI BRUNO BROS

Smoked Gouda
& Beer Cheese

Save 50¢



\$10.49 lb

Bleu D' Auvergne

Save \$1.50 lb



\$7.74

EMMI
Raclette
Sliced

Save 75¢



\$6.99

ROYAL ASIA

Prawn Hacao

Save 50¢



\$8.25

ROYAL ASIA

Boom Boom
Shrimp

Save 74¢



\$8.25

ROYAL ASIA

Calamari Sea
Salt & Pepper

Save 74¢



\$9.99

NIMAN RANCH

Pork Loin Chops,
Salt & Pepper

Save 51¢



Apple Chips with Honey-Lemon Mint Yogurt Dip

Ingredients:

- 3 Gala apples
- 1 cup Greek yogurt
- 1 teaspoon lemon zest
- 2 1/2 tablespoons lemon juice
- 1 1/2 tablespoons honey
- 1 1/2 tablespoons chopped fresh mint

Directions:

Preheat oven to 225°. Stand 1 apple upright. Slice 1/4-inch vertically off right and left sides of apple. Set a mandoline or slicer for cutting 1/16-inch thick slices. Place 1 apple, cut-side down, on mandoline. Cut slices until the apple core is exposed. Turn apple over, cut slices from the remaining side until core is exposed. Repeat with remaining 2 apples.

Arrange slices in a single layer on a parchment lined baking sheet and bake at 225° for 1 hour 45 minutes, or until edges curl and the chips are golden and crisp. Pull parchment with apple chips onto cooling racks and cool completely, about 20 minutes. The chips will crisp more as they cool.

Stir together yogurt and remaining ingredients in a small bowl. Serve with apple chips.

RECIPE ADAPTED FROM: MYRECIPIES

8.27-
9.03

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