

Discover Natural Connection™

September 2021



Dave's Gourmet
Organic
Pasta Sauce
Roasted Garlic &
Sweet Basil
25.5 OZ
Selected Varieties

\$8.49



Tasty Bite
Organic
Rice Pouch
Turmeric
8.8 OZ
Selected Varieties

\$2.19



Yogi
Organic
Green Tea
Passion Fruit
Matcha
16 BAG

\$3.99



C2o Pure
Coconut Water
Pure Coconut
Water
Original
33.8 FL OZ

\$3.79



Bob's Red Mill
Gluten Free
Oatmeal
Brown Sugar Maple
2.15 OZ
Selected Varieties

3/\$5



**From The
Ground Up**
Butternut
Squash Crackers
Sea Salt
4 OZ
Selected Varieties

\$2.99



Food For Life
Organic Sprouted
Grain Bread
Ezekiel 4:9
24 OZ

\$5.79



Pacific Foods
Organic
Chicken
Noodle Soup
17 OZ
Selected Varieties

\$2.99

Scan to
see our
ad online

Some items may not be available. See store for details.
Printed with soy ink on recycled paper. Not responsible for typographical errors.



Better Protein, Naturally

Did you know that not all proteins are equal? a2 Milk® comes from cows that naturally produce only the A2 protein and no A1. 100% real milk for happier digestion. Validus certified for animal welfare.



A2 Milk
Whole Milk
A1 Protein Free
59 FL OZ
Selected Varieties

2/\$9



Califia Farms
Almondmilk
Unsweetened
48 FL OZ
Selected Varieties **GF**

\$4.49



Good Karma
Flaxmilk + Protein
Unsweetened
64 FL OZ **GF**

\$4.99



Lava
Plant Milk
Unsweetened
28 FL OZ **GF**

\$4.19



Daiya Foods Inc
Dairy Free Slices
American Style
7.8 OZ
Selected Varieties **GF**

\$3.79



Bubbies
Pickles
Bread & Butter Chips
33 OZ
Selected Varieties **GF**

\$8.29



Good Food For Good
Organic Indian
Cooking Sauce
Butter Chicken
9.2 OZ **GF**

\$5.99

Brew a Rich Cup Super Coffee + Creamer Combined

Kitu
Ground Coffee
Dark Roast, 10 OZ
Selected Varieties



\$10.99

Kitu
K-Cup Coffee
Vanilla or Maple Pumpkin
3.59-3.84 OZ
Selected Varieties



\$10.99



SUPER
COFFEE
POSITIVE ⚡ ENERGY

Super Coffee is enhanced with antioxidants, vitamins, and L-theanine. Super Creamer is sugar free and contains MTC Oil. Both are Keto-Friendly and sustains energy throughout the day, one sip at a time.

Kitu
Super Creamer
Coconut Mocha, Maple Pumpkin or Toasted Hazelnut
25.4 FL OZ
Selected Varieties



\$5.49



Liberte Yogurt
Organic Whole
Milk Yogurt
Philippine Coconut
5.5 OZ
Selected Varieties

\$1.79



Nancy's
Probiotic Oatmilk
Yogurt
Cold Brew Coffee with Vanilla
6 OZ
Selected Varieties

\$1.79



Siggi's Skyr
Nonfat Skyr
Yogurt
Strawberry
4 CT
Selected Varieties

\$5.49



Miso Master
Organic Miso
Mellow White
16 OZ
Selected Varieties

\$8.29



Nasoya Foods
Organic TofuBaked
Teriyaki
7 OZ

\$3.79



Wildwood
Natural Foods
Organic Baked Tofu
Teriyaki
6 OZ
Selected Varieties

\$3.99

Lifeway®

EST. 1986

Rich & Creamy Beverage

Lifeway organic lemon whole milk kefir is wholesome and satisfying. Each bottle is made with certified organic, full fat milk for an indulgent, nutritious beverage. With **only 1g of added sugar per ounce**, their lemon whole milk kefir is delicious poured over cereal, blended into smoothies, or on its own!



Lifeway
Organic Whole
Milk Kefir
Lemon
32 OZ
Selected Varieties

2/\$9



Organic Valley
Pepper Jack Cheese

8 OZ
Selected Varieties

\$5.09

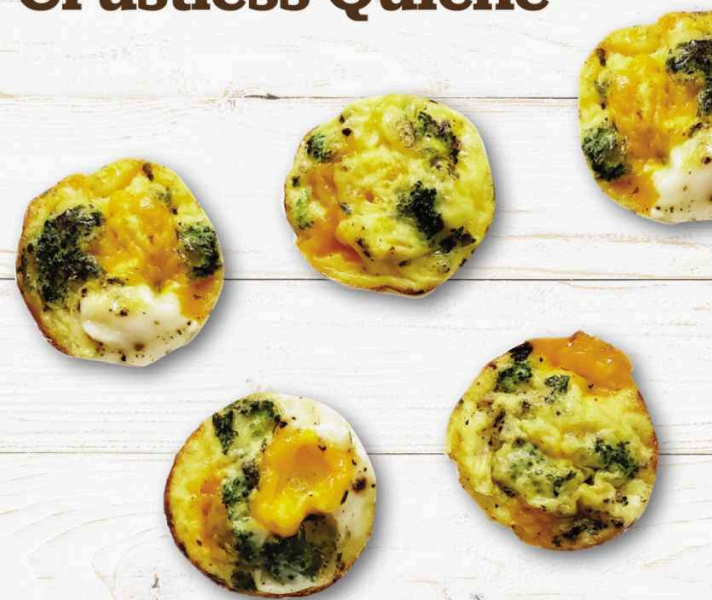
5 Ingredient Mini Crustless Quiche

Ingredients

- 5 Organic Valley Large Eggs
- 1/2 cup of Organic Valley Swiss Cheese shredded
or for a spicy version Pepper Jack Cheese
- 1 cup chopped broccoli
- 1/2 cup Organic Valley Ham, diced
- 1/2 cup Organic Valley Heavy Whipping Cream
- 1/4 tsp ground pepper
- 1/2 tsp sea salt

Directions

1. Preheat the oven to 375 degrees F, and grease a muffin tin well with butter or nontack spray.
2. In a medium mixing bowl, whisk the eggs, heavy whipping cream, salt and pepper.
3. Distribute the ham, broccoli and cheese between each of the muffin tins, and cover with the egg mixture.
4. Bake for about 18-20 minutes, or until the eggs are cooked. Serve warm or cold.



Find recipe by blogger Kristen Bell online: www.organicvalley.coop/recipes



Craveable Plant-Based Meat

When it comes to flavor, Alpha Foods doesn't cluck around. That's why their plant-based savory crispy golden nuggets are kid and adult approved.



Alpha Foods
Plant-Based Nuggets
Original Chik'n
10.9 OZ
Selected Varieties



\$4.79



Alpha Foods
Plant-Based Pot Pie
Beefy Chedd'r
6 OZ
Selected Varieties



\$3.79



Dr. Praeger's
Perfect Sliders
4.7 OZ
Selected Varieties



\$2.79



Earth's Best
Baked Chicken
Nuggets
For Kids
16 OZ

\$7.79



Amy's
Burrito
Cheddar Cheese
6 OZ
Selected Varieties

\$2.99



O'doughs
Bagel Thins
Original
10.6 OZ
Selected Varieties



\$4.49



Maria And
Ricardo's
100% Organic
Tortilla
White
12 CT



\$3.29



Sweet Earth
Breakfast
Burrito
The Big Sur
7 OZ
Selected Varieties



\$2.79





Bakerly
Crepes To-Go
Chocolate
Hazelnut
6.78 OZ
\$3.79



Halo Top
Light Ice Cream
Chocolate
1 PINT
Selected Varieties
GF
\$4.49



Stahlbush Island Farms
Frozen Vegetables
Golden Beets
10 OZ
Selected Varieties



2/\$5



Alexia
Organic Fries
Yukon Select
with Sea Salt
15 OZ
Selected Varieties
USDA ORGANIC
3/\$10



Stonyfield Organic
Organic
Whole Milk Vanilla
Frozen Yogurt
1 PINT
Selected Varieties
GF
\$3.79



Stahlbush Island Farms
Frozen Vegetables
Butternut Squash
10 OZ
Selected Varieties



2/\$5

Lightlife

**Simple Ingredients.
Taste You'll Love.**

Check out lightlife.com for
recipes and inspiration.



**Smart Deli
Turkey**
5.5 OZ
Selected Varieties

\$2.79

**PLANT
BASED**



Smart Dogs
12 OZ

\$3.49



PLANT-BASED
FIELD ROAST
MEAT & CHEESE CO.

*Discover a
world of flavor*

Get inspired at fieldroast.com.



**Miniature
Corn Dogs**
10 OZ
Selected Varieties

\$6.49



PLANT-BASED



Pascha
Organic Dark Chocolate Chips
Unsweetened
8.8 OZ
Selected Varieties

GF **USDA ORGANIC**

\$4.99



Endangered Species
Chocolate
Premium Baking Chips
Oat Milk + Dark Chocolate
10 OZ

GF **USDA ORGANIC**

\$4.99



Larabar
Fruit & Nut Bar
Peanut Butter
Chocolate Chip
1.6 OZ
Selected Varieties

GF **USDA ORGANIC**

4/\$5



Larabar
Fruit & Nut
Mini Bars
Chocolate Chip
Cookie Dough
7.8 OZ
Selected Varieties

GF **USDA ORGANIC**

2/\$10



Raw Revolution
Glo Bar
Crunchy Peanut
Butter & Sea Salt
1.6 OZ
Selected Varieties

GF **USDA ORGANIC**

2/\$4



Earth's Best
Organic Stage 2
Baby Food Puree
Squash & Sweet Peas
3.5 OZ
Selected Varieties

USDA ORGANIC **NON GMO VERIFIED**

2/\$3



Earth's Best
Organic Infant
Oatmeal Cereal
Whole Grain
8 OZ
Selected Varieties

USDA ORGANIC **NON GMO VERIFIED**

\$3.79



Happy Baby
Organic Teether
Crackers
Strawberry & Beet
with Amaranth
1.69 OZ
Selected Varieties

GF **USDA ORGANIC**

\$3.49



Earth's Best
Organic Stage
2 Baby Food
Puree
Banana Blueberry
4 OZ
Selected Varieties

USDA ORGANIC **NON GMO VERIFIED**

2/\$3



Rise Bar
Protein Bar
Almond Honey
2.1 OZ
Selected Varieties

GF **USDA ORGANIC**

2/\$4



Made Good
Organic
Granola Minis
Chocolate Chip
5/850Z
Selected Varieties

USDA ORGANIC **NON GMO VERIFIED**

2/\$6

SANTA CRUZ
organic

Organic
Fruit Spread
Strawberry
9.5 OZ
Selected Varieties

GF **USDA ORGANIC** **NON GMO VERIFIED**

\$3.19

Organic Creamy
Peanut Butter
Light Roasted or
Dark Roasted
16 OZ
Selected Varieties

GF **USDA ORGANIC** **NON GMO VERIFIED**

\$4.79

Organic Applesauce
6/4 OZ
Selected Varieties

USDA ORGANIC **NON GMO VERIFIED**

2/\$7



SNACK BETTER
SAHALE
SNACKS®

A great snack made with
whole pistachios, almonds, cherries,
pomegranate flavored apples with
a touch of lemon and a pinch of
black pepper.

Sahale Snacks
Pomegranate
Flavored
Pistachios
10Z
Selected Varieties

4/\$5

USDA ORGANIC **NON GMO VERIFIED**



R.W. KNUDSEN
FAMILY



On-The-Go
Refreshment

R.W. Knudsen
Organic Apple
Juice Box
4/6.75 FL OZ
Selected Varieties

USDA ORGANIC **NON GMO VERIFIED**

2/\$5





Puffins Cinnamon Apple Crisp

Ingredients

10 cups apples (peeled, cored, and sliced) 1 teaspoon ground cinnamon
 1/2 cup sugar 1/2 cup water
 1 tablespoon all-purpose flour

Topping

3/4 cup quick-cooking oats 1/2 cup all-purpose flour
 2 1/2 cups Puffins® Cinnamon Cereal (crumbles) 1/2 cup packed brown sugar
 1/2 cup Puffins® Cinnamon Cereal (pulsed) 1/2 cup butter, melted

Instructions

Preheat oven to 350 degrees. Place the sliced apples in a 9x13 inch pan. For filling, mix the sugar, flour and ground cinnamon together, and sprinkle over apples. Pour water evenly over all. For topping, combine the Puffins Cinnamon Cereal, oats, flour, brown sugar, and melted butter together. Crumble evenly over the apple mixture. Bake at 350 degrees for 45 minutes. Enjoy!

Find recipe online: www.barbaras.com/recipes



Cereals On Sale 2/\$8



Puffins Cereal

Original, 10 oz.
 Selected Varieties



Puffins Cereal

Peanut Butter, 11 oz.
 Selected Varieties



Multigrain Spoonfuls Cereal

Original, 14 oz.
 Selected Varieties



Organic Raisin Bran Crunch Cereal

Cinnamon, 10 oz.
 Selected Varieties





Better Taste, Less Waste

Cameron's EcoPods use 100% specialty grade coffee brewed through a real coffee filter, not a plastic cup, to deliver a superior taste experience.



Cameron's Coffee
Organic Coffee
EcoPods
French Roast
12 CT



\$7.99



Sweet Leaf
Organic Monk Fruit Sweetener Drops
Caramel Macchiato
1.7 OZ
Selected Varieties



\$3.29



Coombs Family Farms
Organic Maple Syrup
Grade A Dark Color
12 FL OZ



\$8.99



Native Forest
Organic Coconut Milk
Unsweetened Simple
13.5 FL OZ



\$2.79



Vita Coco
Coconut Water
Original
1LT
Selected Varieties



2/\$7



Reed's
Real
Ginger Ale
Original
4/12 FL OZ
Selected Varieties



\$4.29



Steaz
Energy Drink
Berry Zero
12 FL OZ
Selected Varieties

2/\$4



Bragg
Apple Cider
Vinegar
Refresher
Apple Cinnamon
16 FL OZ
Selected Varieties



\$2.99



High Brew
Coffee
Cold-Brew
Coffee
Double Espresso
8 FL OZ
Selected Varieties

2/\$4



Jim's
Organic Coffee
100% Organic
Coffee Beans
Sweet Love Blend
11 OZ
Selected Varieties



\$9.99



Mount Hagen
Organic
Instant Coffee
Fairtrade
3.53 OZ

\$8.99



VitaCup Inc
Superfood
Infused Ground
Coffee
Slim Blend
12 OZ
Selected Varieties



\$10.99

Epic
Bison Bacon Bites
Sweet & Savory
2.5 OZ
Selected Varieties

\$5.49



Food Should
Taste Good
Tortilla Chips
Multigrain
5.5 OZ
Selected Varieties

GF
2/\$5



Garden Of Eatin'
Blue
Tortilla Chips
No Salt Added
16 OZ
Selected Varieties

\$4.49

Epic
Pork Rinds
Pink Himalayan &
Sea Salt
2.5 OZ
Selected Varieties

GF
2/\$7



Hippeas
Organic
Chickpea
Tortilla Chips
Straight Up Sea Salt
5 OZ
Selected Varieties

GF
2/\$7



Kabrita
Snack
Puffs
Goat Cheese
0.25 OZ

\$4.99



Lesser Evil
Organic
Paleo Puffs
No Cheese
Cheesiness
5 OZ
Selected Varieties

GF
2/\$8



Pretzel Crisps
Deli Style
Pretzel Crisps
Original
7.2 OZ
Selected Varieties

2/\$5

Kalahari Biltong
Thinly
Sliced Beef
Lime Chili
2 OZ

GF
\$5.49



Seapoint Farms
Dry Roasted
Edamame
Sea Salt
4 OZ

GF
\$1.99



Sharwood
Puppodums
Plain
4 OZ

\$3.19

Drew's
Organics
Organic Thick &
Chunky Salsa
Medium
14 OZ
Selected Varieties

GF
\$4.09



Terra Chips
Vegetable Chips
Original Sea Salt
5 OZ
Selected Varieties

2/\$6



Boulder Canyon
Natural Foods
Kettle Potato
Chips
Classic Sea Salt &
Olive Oil
5 OZ
Selected Varieties

GF
\$2.79



Natierra
100% Organic
Freeze-Dried
Raspberries
1.3 OZ
Selected Varieties
GF **USDA ORGANIC** **NON GMO VERIFIED**
\$4.99



Torie & Howard
Organic Chewie
Fruities
Assorted Flavors
4 OZ
Selected Varieties
GF **USDA ORGANIC**
\$2.99



Panda Licorice
Natural Licorice
Strawberry
7 OZ
Selected Varieties
GF **USDA ORGANIC** **NON GMO VERIFIED**
\$2.99



Pur Gum
Aspartame Free
Gum
Peppermint Three
12 CT
Selected Varieties
\$1.79



Tree Hugger
Xylitol Bubble Gum
Classic
1.41 OZ
Selected Varieties
GF
\$2.29



Vermints
Organic Mints
GingerMint
1.41 OZ
Selected Varieties



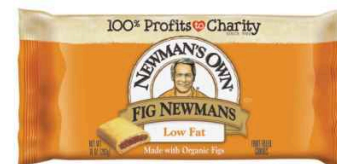
GF **USDA ORGANIC** **NON GMO VERIFIED**
2/\$5



Bahlsen
Milk Chocolate
Biscuits
Choco Leibniz
4.4 OZ
Selected Varieties
\$3.79



Kinnikinnick
KinniTOOS Sandwich
Creme Cookies
Chocolate
8 OZ
GF **USDA ORGANIC** **NON GMO VERIFIED**
\$3.19



Newman's Own Organics
Fig Newmans
Low Fat
10 OZ
Selected Varieties
\$4.99

Organic Tailgate Snacks



Late July
Organic Tortilla Chips
Sea Salt, 11 OZ
Selected Varieties
2/\$6 **USDA ORGANIC** **NON GMO VERIFIED** **GF**



Late July
Organic Potato Chips
Sea Salt, 5 OZ
Selected Varieties
2/\$6 **USDA ORGANIC**



Late July
Organic Dippers
White Corn Sea Salt, 8 OZ
Selected Varieties
2/\$6 **USDA ORGANIC** **NON GMO VERIFIED** **GF**



Pretzel Crisps
Organic Pretzel Crisps
Original
9.35 OZ
\$3.49 **USDA ORGANIC**



Kettle
Organic Potato Chips
Sea Salt, 5 OZ
Selected Varieties
\$2.79 **USDA ORGANIC** **NON GMO VERIFIED**



Ingredients from nature since 1929.

Sweet & Salty
Kettle Corn
10 OZ
\$3.49

GF



Salted Maple Flavored
Kettle Corn,
Sweet & Salty Kettle Corn
or
Sea Salt Popcorn

4.8 - 7 OZ
\$2.79
Selected Varieties

GF



REAL FOOD with REAL ingredients.

8 - 9 OZ
\$4.19

Selected Varieties



Fire Grilled
Steak Bowl

Mac & Cheese
Truffle Parmesan

Ravioli
Portabella & Goat Cheese



Bark Thins
Snacking
Dark Chocolate
Almond with Sea Salt
4.7 OZ
Selected Varieties

\$3.79



Divine
Milk Chocolate Bar
Seriously Smooth
3 OZ
Selected Varieties

GF

2/\$6



Raaka Chocolate
Organic Unroasted
Dark Chocolate
Oat Milk
1.8 OZ
Selected Varieties



\$4.19



Taza Chocolate
Organic Stone
Ground Dark
Chocolate Bar
Sea Salt & Almond
2.5 OZ
Selected Varieties

GF

\$3.29



Theo Chocolate
Organic
Dark Chocolate Bar
85% Pure
3 OZ
Selected Varieties

GF

\$2.79



Tony's Choclonely
Milk Chocolate
Bar
Caramel Sea Salt
6.35 OZ
Selected Varieties

2/\$8



Gluten Free Pasta

Andean Dream's award winning Organic Gluten & Corn free pasta with **20 grams of protein per 8 oz box**, cooks perfectly al dente. Allergen friendly, contains no dairy, egg, or soy. Non-GMO and OU Kosher certified.



Andean Dream
100% Organic
Quinoa Pasta
Macaroni
8 OZ
Selected Varieties

\$4.49



Newman's Own
Pasta Sauce
Marinara
24 FL OZ
Selected Varieties

\$3.79



Muir Glen
Organic Pasta Sauce
Italian Herb
25.5 FL OZ
Selected Varieties

\$3.29



Monte Bene
Pasta Sauce
Tomato Basil
24 FL OZ
Selected Varieties

\$4.99



Michael's Of Brooklyn
Marinara Sauce
32 OZ
Selected Varieties

\$6.79



Rustic Crust
Ready-Made Pizza Crust
Cauliflower
9 OZ
Selected Varieties

\$4.49

Cascadian Farm
ORGANIC

Pack more of what you need into every meal with simply delicious **organic frozen fruits and vegetables**.



Cascadian Farm
Organic Frozen Potatoes
Spud Puppies
16 OZ
Selected Varieties

\$3.19



Cascadian Farm
Organic Frozen Strawberries
10 OZ
Selected Varieties

\$3.99



Cascadian Farm
Organic Frozen Cauliflower
Riced
12 OZ
Selected Varieties

\$3.29



Cascadian Farm
Organic Frozen Blueberries
28 OZ
Selected Varieties

\$10.49



Cascadian Farm
Organic Plants Blend
Sweet Potato, Farro, Bean, Spinach
24 OZ
Selected Varieties

\$7.49

Annie's
HOMEGROWN

Spoon up some Magic

There's a little bit of magic in every bite of Annie's mac and cheese.



Annie's Homegrown
Macaroni & Cheese
Microwavable Cups
White Cheddar
4.02 OZ, Selected Varieties

2/\$6

Annie's Homegrown
Organic Macaroni & Cheese
Shells & Real Aged Cheddar
6 OZ, Selected Varieties

2/\$5



Deluxe Mac & Cheese Shells
Classic Cheddar
11.3 OZ, Selected Varieties

2/\$6





Primal Kitchen
Avocado Oil
Dressing &
Marinade
Caesar
8 FL OZ
Selected Varieties

\$5.29



Zoe
Extra Virgin
Olive Oil
1LTR

\$11.99



**International
Collection**
Flaxseed Oil
Virgin
8.45 FL OZ
Selected Varieties

\$7.29



Spectrum Naturals
Organic
Sunflower Oil
16 FL OZ
Selected Varieties

\$4.79



Spectrum Naturals
Safflower
Oil
32 FL OZ
Selected Varieties

\$5.79



Spectrum Naturals
Organic Extra Virgin
Mediterranean
Olive Oil
33.8 FL OZ

\$10.99



Gaea
Extra Virgin
Olive Oil
Greek
17 FL OZ

\$9.49



**California
Olive Ranch**
Extra Virgin
Olive Oil
100% California
25.4 FL OZ

GF
\$16.99



Monari Federzoni
Balsamic Vinegar
of Modena
16.9 FL OZ

\$3.49



**Seeds of
Change**
Organic Rice
Aromatic Jasmine
8.5 OZ
Selected Varieties

\$2.79



**Good
Food For Good**
Organic BBQ Sauce
Classic
9.5 OZ
Selected Varieties

GF
\$5.49



Upton's Naturals
Chick & Noodle
Soup
14.5 OZ
Selected Varieties

\$3.99



San-J
Organic
Soy Sauce
Tamari
10 FL OZ

GF
\$3.79



Simply Organic
Organic
Simmer Sauce
Southwest Taco
8 OZ
Selected Varieties

2/\$5



**Mestemacher
Bread**
Pumpernickel
17.6 OZ
Selected Varieties

\$2.49

Cookie Pal
Organic Dog Treats
Sweet Potato & Flaxseed Recipe
10 OZ
Selected Varieties



\$5.99



Caboo
Bathroom Tissue
Fragrance Free
12 PK



\$10.79



Ecosnext
Liquidless Laundry
Detergent
Free & Clear
50 CT

\$10.99



Eco-Dent
Gentle Floss
Mint
100 YD

\$3.99



Citrus Magic
Solid Air Freshener
Fresh Citrus
8 OZ
Selected Varieties

\$4.79



Casabella Kind
Plant-Based
Scrub Sponges
3 CT

\$3.19



Eco-Dent
MouthCare Rinse
Sparkling Clean Mint
8 FL OZ

\$7.49



Bulk

Cranberries
Sweetened
\$2.89/lb

Organic Raisins
Flame
\$2.79/lb

Diced Almonds
Butter Stock
\$6.39/lb

Organic Walnuts
Halves & Pieces
\$7.79/lb

Organic
Pumpkin Seeds
\$3.19/lb

Organic Dates
Large Medjool
\$6.49/lb

100% Organic Quinoa
White Royal
\$2.19/lb

Sliced Almonds
Raw
\$6.49/lb

Organic Beans
Garbanzo Chickpea
\$1.79/lb

Organic Raw
Natural Seeds
\$2.49/lb




Avalon Organics
Shampoo
Nourishing Lavender
32 FL OZ
Selected Varieties
\$14.49



Brain Juice
Brain Booster
Shot
Peach Mango
2.5 FL OZ
Selected Varieties
\$2.99



Urban Moonshine
Organic
Immune Zoom
Echinacea & Elderberry
2 FL OZ
Selected Varieties
\$8.99



Naturtint
Permanent
Hair Color
1N Ebony Black
5.6 FL OZ
Selected Varieties
\$11.99



Avalon Organics
Conditioner
Nourishing Lavender
32 FL OZ
Selected Varieties
\$14.49



Kyolic
Blood
Pressure
Health
Formula 109
80 CAP
GF
\$21.49



Navitas Organics
Organic
Elderberry
Powder
3 OZ
GF **USDA ORGANIC**
\$18.49




Natracare
Organic Cotton Tampons
Regular
16 CT
\$5.99



Avalon Organics
Hand & Body
Lotion
Aloe Unscented
32 FL OZ
\$14.49




Ascent Native Fuel
Whey Protein Powder
Chocolate
2 LB
Selected Varieties
GF **\$36.99**

Statements have not been evaluated by the Food and Drug Administration. Products are not intended to diagnose, treat, cure or prevent any disease.
CBD items may not be available as restrictions vary by state and are subject to change. See store for details.



Fiesta Quinoa Salad

Ingredients

- | | |
|---|-------------------------------|
| 1 Cup Organic Quinoa - Tri-Color Blend | 1/2 Cups Chopped Cilantro |
| 2 Cups Vegetable Broth | 3 Limes, Juiced |
| 1 Cup Frozen Corn | 2 Tbsp Extra-Virgin Olive Oil |
| 1 Red Bell Pepper, Roasted And Chopped | 1 Tsp Ground Cumin |
| 1 Can (15 Oz.) Of Black Beans Or Soybeans, Rinsed And Drained | 1/2 Tsp Salt |
| 3 Scallions, Sliced | 1/4 Tsp Ground Black Pepper |
| | 1/8 Tsp Cayenne Pepper |

Instructions

Combine Lundberg Organic Tri-Color Quinoa and broth in a medium saucepan. Prepare according to package instructions. In a large bowl, mix together the cooked quinoa, corn, pepper, beans, scallions, and cilantro. In a small bowl, whisk together the lime juice, olive oil, and seasonings. Pour over the quinoa mixture. Cover and chill for at least 30 minutes to let the flavors set.



Lundberg
Organic Quinoa
Tri-Color, 1lb
Selected Varieties



\$5.79

Find recipe online: www.lundberg.com/recipe/fiesta-quinoa-salad



Lundberg
100% Organic Rice
California Brown Basmati
or
California White Jasmine

2 LB
Selected Varieties
\$5.79



Lundberg
Organic
Basmati Rice
California Brown
4 LB
\$9.79



Lundberg
Organic
Calrose Rice
California White
4 LB
\$8.49



Lundberg
Organic
Rice Cakes
Cinnamon Toast
9.5 OZ
Selected Varieties
2/\$6



Lundberg
Rice Chips
Sea Salt, 6 OZ
Selected Varieties
\$2.29



Lundberg
Wild Blend Rice
or
Organic Rice
Black Pearl



1 LB
Selected Varieties
\$3.49

Lundberg
Organic
Black Thai Rice
Khao Dum
8 OZ
Selected Varieties
\$2.19



Lundberg
Organic Rice
Spanish
or Cilantro Lime
5.5 - 6 OZ
Selected Varieties
\$2.79



Lundberg
Organic
Rice Cake Minis
Ginger Seaweed
or Apple Pie, 5 OZ
Selected Varieties
\$2.79



Lundberg
Organic
Thin Stackers
Decadent
Dark Chocolate
3.3 OZ
Selected Varieties
\$3.29

