



TM

Kitchen Notes

Vol. 7 Issue 1

Holiday 2020

Tis The Season for (Responsible)

eating, giving, celebrating, gifting, living, sharing

Home Baked Goodness for Santa and the Elves

Real Pies Made from Scratch 7" perfect for 2-4 people

- Apple Crumb \$12
- Blueberry Crumb \$12
- Chocolate Pecan \$14
- Cranberry Walnut \$14



Whoopie Pies \$2.95 each 6 for \$17

- Gingered Pumpkin with vanilla cream
- Hot Chocolate chocolate with marshmallow cream
- Peppermint Patty chocolate with peppermint cream

Teas Breads and Cakes mini loaf \$5.50 mini cake \$3.95

- Cranberry-Orange Ginger Bread with citrus glaze
- Pumpkin Pepita Apple-Walnut Sour Cream Coffee

Mrs Murphy's Irish Soda Bread Large \$10 or mini \$3.95 / 3 for \$11

Cookies half dozen \$7.50

- Ginger Snaps Blueberry-White Chocolate with lemon
- Holiday M&M Cranberry-Orange Oatmeal
- Espresso Snow Caps Walnut Christmas Cookie

Ask us about Holiday Gift Baskets

Individualized Dinners for Entertaining

Let us help you enjoy the holiday with family without the stress. We'll pack everything so that each person has his or her own meal. It's safe, simple and delicious. Can't be with your loved ones, make someone's holiday extra special and send dinner.

www.betterlifefood.com/menus-for-online-viewing



December Take Home Comfort Food

Individual Dinners:

All available Gluten Free

- Grilled Teriyaki Chicken** sesame rice, sweet peppers and sautéed spinach.
- Sweet Pepper Meatloaf** a ketchup-based top, served with potatoes and roasted carrots.
- Roasted Salmon** with butternut squash risotto and spinach.
- Grilled Shrimp** sweet chili sauce, Nasi-Goreng (Indonesian rice), grilled zucchini.
- Family Dinners** – 8" serves 4 people
- Butternut Squash Lasagna** with spinach
- Chicken Pot Pie** with a side of cranberry
- Traditional Shepard's Pie**
- Sweet Potato Shepard Pie**
- Turkey Casserole** stuffing top, cranberry

Check out our other food ideas at:
www.betterlifefood.com/menus-for-downloading

Depot Spice

The Seasoning for All Seasons

Home cooking always taste better when you use Depot Spice. Available in our 7oz Kraft Brown container or the 10oz Refill Bag.



All New Depot Spice Flavor Trio!

Red (with paprika), Rosemary and Lemon! The perfect gift for your favorite cook! Available at:

Volantes in Needham or online at:
www.betterlifefood.com/depot-spice

BETTER LIFE FOOD HOLIDAY MARKET

AT DUNN GAHERIN'
Saturday December 12 & 19,
11am to 3pm

Outside and under the tent at
344 Elliot Street Newton Upper Falls

- Better Life Food** Cookies, Pies and More
- Pet Wants** natural pet food and treats
- Lynne's White Robbin Vintique** gifts, coffee & local honey
- Chestnut Street Design**
- Your CBD Shop Needham**

- Quicksilver Baking** Specialty Rugelach
- Scout & Cellar** clean-crafted wine
- Kim Spencer** Hand Crafted Tote Bags
- Devaughn's Ridge** hand crafted wreaths
- Hale Bone Broth**

Stop by for some fabulous offerings