

Organic Cream Cheese Bar

December 2017

25 Commons Way, Kalispell Phone (406) 756-1422 Web http://mountainvalleyfoods.com

Good Health



Earth Balance Organic Vegan Buttery Spread

\$379



Annie's Homegrown

Organic Mac & Cheese

2/\$4

60



Muir Glen Organic Pasta Sauce

2/\$6

25.5 oz



San Pellegrino Sparkling Water





Imagine Organic Vegetarian No-Chicken Broth

\$299

32 o



Pacific Organic Creamy Soup

\$3²⁹

32 oz



Late July Organic Multigrain Tortilla Chips

2/\$5



Mary's Gone Crackers Organic Original

Crackers

\$399



Did you know...

Kissing under the mistletoe is thought to spring from Frigga, the Norse goddess of love, who was associated with the plant.



CHEESY CAULIFLOWER & FIRE ROASTED TOMATO GRATIN

INGREDIENTS

- 1 head (2 lb) cauliflower, cut into large florets
- 4 TB butter
- 3 TB all-purpose flour
- 1 cup hot milk
- 1 cup hot heavy whipping cream
- 3/4 cup freshly shredded Gruyère cheese
- 2/3 cup freshly shredded Parmesan cheese

- 1 tsp sea salt or kosher salt
- 1/4 tsp freshly ground black pepper
- 1/4 tsp grated nutmeg
- 1 can (28 oz) Muir Glen[™] organic fire roasted whole tomatoes, drained
- · 1 clove garlic, finely chopped
- 1 cup fresh bread crumbs
- 1 TB finely chopped Italian (flat-leaf) parsley

INSTRUCTIONS

Prep Time: 45 Min • Total Time: 1 Hr 45 Min

- 1. In 5- to 6-quart saucepan, cook cauliflower florets in boiling salted water 3 to 4 minutes or until tender but still firm. Drain.
- 2. Heat oven to 375°F. Spray 2 1/3- to 3-quart baking dish with cooking spray. In 3-quart saucepan, heat 2 tablespoons of the butter over medium-low heat. Add flour; stir constantly with wooden spoon 2 minutes. Slowly pour hot milk and cream into butter-flour mixture, beating with whisk until smooth; increase heat to medium. Heat to boiling, beating constantly with whisk about 1 minute or until thickened. Remove from heat; beat in Gruyère cheese and 1/3 cup of the Parmesan cheese. When melted, add 3/4 teaspoon of the salt, the pepper and nutmeg. Stir to combine.
- 3. Add drained cauliflower to sauce; gently stir to coat cauliflower. Pour into baking dish. Bake 15 minutes.
- 4. Meanwhile, chop drained tomatoes into 1/2-inch pieces. Drain chopped tomatoes again to remove as much excess liquid as possible. In medium bowl, mix tomatoes, garlic and remaining 1/4 teaspoon salt.
- Remove cauliflower from oven; scatter chopped tomatoes on top. Bake 10 minutes.
- 6. In 8-inch skillet, heat remaining 2 tablespoons butter over medium heat. Add bread crumbs; cook and stir until lightly browned. Transfer to medium bowl; add parsley and remaining 1/3 cup Parmesan cheese. Sprinkle over top of tomatoes. Bake about 5 minutes or until top is golden brown. Let stand 15 minutes before serving.

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Muir Glen
Organic Tomatoes
(selected varieties)

2/\$4

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California Olive Ranch Everyday Extra Virgin Olive Oil

\$**8**99



Daiya Dairy Free Shreds

\$369



Lundberg Family Farms

Organic Thin Stackers

\$249



Wild Planet Wild Albacore Tuna

\$349





Kettle Organic Potato Chips

2/\$5



Udi's Gluten Free Pizza

\$569



Julie's Organic Organic Ice Cream Sandwiches

\$4⁷⁹



Glutino Gluten Free Crackers

\$2⁹⁹



Mori Nu Organic Firm Tofu

\$189



Q Drinks Tonic Water

\$499



Food Should Taste Good Tortilla Chips

2/\$4



Brown Cow Cream Top Yogurt

89¢



So Delicious CoconutMilk Yogurt

\$5²⁹





3. Add the birdseed to the gelatin mixture and stir to combine.

4. Place the mixture in muffin pan or in a cookie cutter to shape the cookie.

5. Once shaped, make a hole in the cookie and insert the string. Allow to dry overnight and hang on a nearby tree branch.



Holiday Hot Cocoa

Ingredients

Honey Graham Marshmallows

- · 2 tsp (1 standard packet) powdered gelatin
- 1/3 cup cold water (for gelatin blooming)
- 1/4 cup water (for syrup)
- 1/4 cup Wholesome! organic cane sugar
- 1/2 cup organic local honey
- 1 vanilla bean, scraped (or 1 1/2 tsp pure vanilla extract)
- 1/2 tsp Simply Organic ground cinnamon
- 1 TB confectioners' sugar (plus more for dusting)
- 4 whole Annie's Organic Honey Graham Crackers, crushed

Hot Cocoa

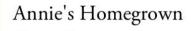
- · 2 cups organic whole milk
- · 2 cups organic 2% milk
- 8 oz Sunspire bittersweet chocolate chips
- · 4 oz Sunspire milk chocolate chips
- · Small pinch of kosher salt
- 1/2 tsp Simply Organic ground cinnamon
- · Marshmallow scraps (melted in)
- 2 whole Annie's Homegrown Honey Graham Crackers, crushed

Instructions

- To make Honey Graham Marshmallows, lightly spray an 8-inch pan with cooking spray, or brush with oil and set aside.
- Bloom gelatin in 1/3 cup cold water for 10 minutes.
- Heat remaining 1/4 cup water with cane sugar & honey and bring to a boil for 1 minute. Add to bloomed gelatin and stir until well mixed.
- Beat combined mixture with an electric mixer until lightened in color and voluminous. Mix in the vanilla bean (or extract) and cinnamon.
- 5. Sprinkle the bottom of the greased pan with graham cracker crumbs and top

with marshmallow.

- To finish, dust with powdered sugar and allow to set for several hours (or overnight) before cutting.
- 7. For the hot cocoa, lace the whole milk in a saucepan with the chocolate & whisk over medium-low heat until the chocolate is melted.
- 8. Add remaining milk and warm throughout.
 Add salt, cinnamon and marshmallow
 scraps. Using an emersion blender (or
 transfer to a blender before too warm and
 then rewarm in the pot) blend until smooth.
- 9. Serve in graham cracker-rimmed mugs with honey graham marshmallows and enjoy!



Organic Graham Crackers

\$379



Simply Organic Organic Ground Cinnamon

\$4²⁹



Wholesome! Organic Brown Sugar

\$4⁴⁹



Sunspire Organic Chocolate Chips

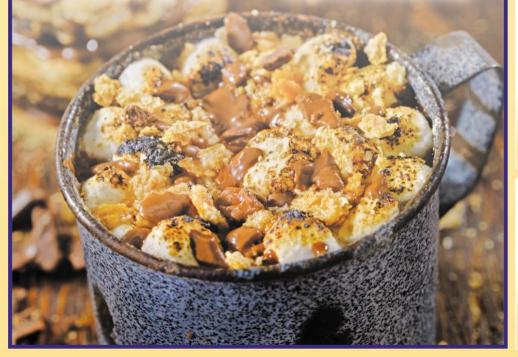
\$4⁶⁹



Alter Eco Organic Chocolate Bar

2/\$6







Chocolove Chocolate Bar

2/\$5



OCHO Candy Organic Candy Bar



Talenti Gelato

\$449



Lakewood Organic Pure Beet Juice



Immaculate Organic Cinnamon Rolls



Nature's Bakery Whole Wheat Fig Bar



Yogi Tea





Organic Valley Organic Half & Half



Tanka Meat Bar



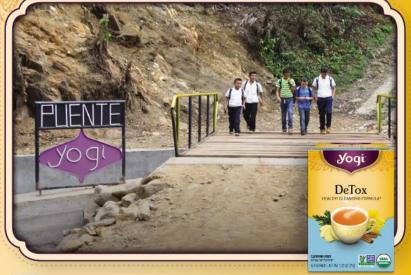
Yogi

Feel Good, Be Good, Do Good.

With every ingredient we source, and every cup of tea we make, we strive to support quality, sustainability, and social responsibility on a local, national, and global level.

Recently, Yogi partnered with our cardamom supplier in Honduras to build a bridge in their remote community, allowing the village children to attend school during the rainy season.

Now Yogi is working with this community to build a new school, expanding the school capacity by 100 students.









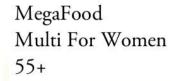


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Natural Vitality Calm









Garden Of Life mykind Organics Multi Gummies

\$24⁹⁹



Dr. Bronner's Organic Coconut Oil

\$**8**49



Vibrant Health Green Vibrance

\$37⁹⁹



Nature's Way Umcka® Cold Care Syrup

\$11⁹⁹



PUR Chewing Gum

\$129



Jarrow Formulas Saccharomyces Boulardii + MOS

\$1799



Boiron Oscillococcinum

\$17⁹⁹



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Natural Factors Organic Oil Of Oregano

\$15⁹⁹

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Sovereign Silver Bio-Active Silver Hydrosol

\$1919



Prices & varieties may vary by location. Some items or varieties may not be available at all stores or on the same days in the month of December.



Oregon's Wild Harvest

\$19⁹⁹



Aura Cacia Peppermint Essential Oil





DERMA E Anti-Wrinkle Renewal Cream

\$10⁹⁹



Andalou Naturals Argan Oil & Shea Shampoo & Conditioner

\$729

11.5 oz



ShiKai Moisturizing Shower Gel

ACURE

body lotion





ACURE

Use are a family owned and operated company

founded on sustainable principles to provide the highest quality

natural and organic personal care.

Our products are created with great care

and are a reflection of our values. They are

free from animal testing, parabens, sulfates,

and artificial colors.

Acure Ultra-Hydrating Lotion

\$729



ACURE

Dr. Bronner's Organic Castile Bar Soap

\$349



Nubian Heritage African Black Bar Soap

\$369



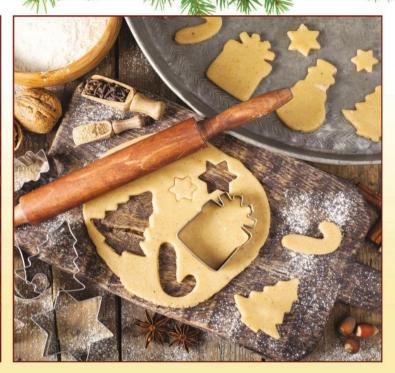
Weleda Skin Food

\$13⁷⁹





"Holiday gift suggestions: To your enemy, forgiveness.
To an opponent, tolerance. To a friend, your heart. To a customer, service. To all, charity. To every child, a good example. To yourself, respect." ~Oren Arnold



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Third Street Market 244 Spokane Ave, Whitefish

OREGON

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Nature's Pantry Natural Foods 1907 4th St, La Grande

Oregon Natural Market 373 SW 1st St, Ontario

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WASHINGTON
Bear Foods Natural Market
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Blossom Grocery 295 Village Rd, Lopez Island

Farm Fresh Market 2010 Black Lake Blvd SW, Olympia

Meyers Falls Market 160 E 3rd St, Kettle Falls

Rocket Market 726 E 43rd, Spokane

The Woolley Market 829 Metcalf St, Sedro-Woolley

WYOMING Good Health Market 1821 S Sheridan Ave, Sheridan