



December 2017

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



Organic Valley
Organic Cream Cheese Bar

\$3¹⁹
8 oz



Good Health
Avocado Oil Potato Chips

2/\$5
5 oz

Earth Balance
Organic Vegan Buttery
Spread

\$3⁷⁹
13-15 oz



Annie's Homegrown
Organic Mac &
Cheese

2/\$4
6 oz



Muir Glen
Organic Pasta
Sauce

2/\$6
25.5 oz



San Pellegrino
Sparkling Water

\$1⁶⁹
750 ml



Imagine
Organic Vegetarian
No-Chicken Broth

\$2⁹⁹
32 oz



Pacific
Organic Creamy
Soup

\$3²⁹
32 oz



Late July
Organic Multigrain
Tortilla Chips

2/\$5
5.5-6 oz



Mary's Gone Crackers
Organic Original
Crackers

\$3⁹⁹
6.5 oz



Did you know...

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

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.

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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.
5. 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

28 oz



California Olive Ranch
Everyday Extra Virgin
Olive Oil

\$8.99

16.9 oz



Daiya
Dairy Free Shreds

\$3.69

8 oz



Lundberg Family Farms
Organic Thin
Stackers

\$2.49

5.9 oz



Wild Planet
Wild Albacore Tuna

\$3.49

5 oz





Kettle
Organic Potato
Chips

2/\$5

5 oz



Udi's
Gluten Free Pizza

\$5⁶⁹

10-11 oz



Julie's Organic
Organic Ice Cream
Sandwiches

\$4⁷⁹

6 ct



Glutino
Gluten Free Crackers

\$2⁹⁹

4.4 oz



Mori Nu
Organic Firm Tofu

\$1⁸⁹

12.3 oz



Q Drinks
Tonic Water

\$4⁹⁹

750 ml



Food Should Taste Good
Tortilla Chips

2/\$4

4.5-5.5 oz



Brown Cow
Cream Top Yogurt

89¢

5.3 oz



So Delicious
CoconutMilk Yogurt

\$5²⁹

24 oz.



5 SIMPLE STEPS TO FESTIVE BIRDSEED COOKIES

1. Sprinkle 1 packet of gelatin into 1/4 cup of water. Let sit for about 1 minute.
2. Microwave the mixture for 30 seconds. Stir carefully.
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

1. To make Honey Graham Marshmallows, lightly spray an 8-inch pan with cooking spray, or brush with oil and set aside.
2. Bloom gelatin in 1/3 cup cold water for 10 minutes.
3. 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.
4. 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.
6. 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 immersion 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!



Annie's Homegrown Organic Graham Crackers

\$3⁷⁹
14.4 oz



Simply Organic Organic Ground Cinnamon

\$4²⁹
2.45 oz



Wholesome! Organic Brown Sugar

\$4⁴⁹
24 oz



Sunspire Organic Chocolate Chips

\$4⁶⁹
9 oz



Alter Eco Organic Chocolate Bar

2/\$6
2.65-2.82 oz





Chocolove
Chocolate Bar

2/\$5

2.8-3.2 oz



OCHO Candy
Organic Candy Bar

2/\$3

1.5 oz



Talenti
Gelato

\$4⁴⁹

1 pt



Lakewood
Organic Pure Beet
Juice

\$5⁴⁹

32 oz



Immaculate
Organic Cinnamon Rolls

\$3⁹⁹

8 ct



Nature's Bakery
Whole Wheat Fig Bar

69¢

2 oz



Yogi
Tea

\$3⁴⁹

16 ct



Organic Valley
Organic Half & Half

\$3⁵⁹

quart



Tanka
Meat Bar

\$2²⁹

1 oz



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.



Learn about our efforts to do good at yogipproducts.com/doing-good



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Natural Vitality
Calm

\$15⁹⁹
8 oz



MegaFood
Multi For Women
55+

\$21⁹⁹
60 tab



Garden Of Life
mykind Organics
Multi Gummies

\$24⁹⁹
120 ct



Dr. Bronner's
Organic Coconut
Oil

\$8⁴⁹
14 oz



Vibrant Health
Green Vibrance

\$37⁹⁹
12.8 oz



Nature's Way
Umcka® Cold Care
Syrup

\$11⁹⁹
4 oz



PUR
Chewing Gum

\$1²⁹
9 ct



Jarrow Formulas
Saccharomyces
Boulardii + MOS

\$17⁹⁹
90 ct



Boiron
Oscillococcinum

\$17⁹⁹
12 ct



SOVEREIGN SILVER
SAFE. PURE. EFFECTIVE.™

THE SCIENCE OF SILVER

Silver has been used for centuries to safeguard human health and is found in whole grains, water and mammalian milk, all part of our natural diet. Since 1999, families around the globe have relied on Sovereign Silver Bio-Active Silver Hydrosol,™ for the safest*, purest, and most effective* form of silver ever developed for Immune Support*.

Sovereign Silver's First Aid Gel is the only topical homeopathic preparation to harness the revolutionary power of silver, and is used for fast healing of minor cuts, scrapes, burns, bites, bruises and skin infections without odor, stinging or greasy residue.

Sovereign Silver is vegan. It is also allergen-, gluten-, and GMO-free.

*These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.

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SovereignSilver.com (Toll Free) 1-888-328-8840

Natural Factors
Organic Oil Of
Oregano

\$15⁹⁹
1 oz



Sovereign Silver
Bio-Active Silver
Hydrosol

\$19¹⁹
4 oz





Oregon's Wild Harvest
Turmeric

\$19⁹⁹
60 ct



Aura Cacia
Peppermint
Essential Oil

\$6⁴⁹
.5 oz



DERMA E
Anti-Wrinkle
Renewal Cream

\$10⁹⁹
4 oz



Andalou Naturals
Argan Oil & Shea
Shampoo &
Conditioner
\$7²⁹
11.5 oz



ShiKai
Moisturizing
Shower Gel

\$6⁴⁹
12 oz



Acure
Ultra-Hydrating
Lotion

\$7²⁹
8 oz



Dr. Bronner's
Organic Castile Bar Soap

\$3⁴⁹
5 oz



Nubian Heritage
African Black Bar Soap

\$3⁶⁹
5 oz



Weleda
Skin Food

\$13⁷⁹
2.5 oz



ACURE

*We 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,
phthalates, harmful preservatives
and artificial colors.



"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



Independent Choice™ specials are available at members of the Independent Natural Food Retailers Association store locations:

ALASKA

Natural Pantry
 3680 Barrow St, Anchorage

Rainbow Foods
 224 4th St, Juneau

IDAHO
Pilgrim's Market
 1316 N 4th St, Coeur d' Alene

Wealth of Health Natural Market
 120 S Woodruff Ave, Idaho Falls

Winter Ridge
Natural Foods Market
 703 W Lake St, Sandpoint

MONTANA

2J's Fresh Market
 105 Smelter Ave NE, Great Falls

Camas Food Store
 300 Main St, Hot Springs

Good Food Store
 1600 S 3rd St W, Missoula

Heaven's Peak Organics
 355 Hwy 93 N, Eureka

Hennessy Market
 32 E Granite St, Butte

Mission Mountain Natural Foods
 319 Main St, Polson

Mountain Valley Foods
 25 Commons Way, Kalispell

Real Food Market & Deli

1096 Helena Ave, Helena

Third Street Market
 244 Spokane Ave, Whitefish

OREGON
LifeSource Natural Foods
 2649 Commercial St SE, Salem

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

Oregon Natural Market
 373 SW 1st St, Ontario

Sundance Natural Foods
 748 E 24th Ave, Eugene

WASHINGTON
Bear Foods Natural Market
 125 E Woodin Ave, Chelan

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