



February 2018

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

GT's
Organic Enlightened Kombucha

\$2⁶⁹
16 oz



Justin's
Organic Peanut Butter Cups

\$1⁴⁹
1.4 oz



Pacific
Organic Creamy
Soup

\$3⁴⁹
32 oz



So Delicious
Organic CoconutMilk
Beverage

\$3¹⁹
64 oz



Coconut Bliss
Organic Non-Dairy
Frozen Dessert

\$4⁹⁹
1 pt



Eden
Organic Beans
(selected varieties)

2/\$4
15 oz



Food For Life
Organic Ezekiel 4:9® Bread
(selected varieties)

\$4⁶⁹
24 oz



Green & Black's
Organic Chocolate
Bar

\$3¹⁹
3.5 oz



Muir Glen
Organic Tomatoes
(selected varieties)

2/\$4
28 oz



Late July
Organic Crackers
(selected varieties)

\$2⁷⁹
6 oz



Did you know...

The first Valentine's Day box of chocolates was introduced by Richard Cadbury in 1868.

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 February.

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Bonafide Provisions
Organic Bone Broth
(selected varieties)

\$6⁹⁹
24 oz



Canyon Bakehouse
Gluten Free Bread

\$4⁷⁹
18 oz



Bubbies
Sauerkraut

\$5⁹⁹
25 oz



Spectrum
Organic Refined Coconut
Oil

\$5⁷⁹
14 oz



Crofter's Organic
Organic Premium Spread
(selected varieties)

\$4³⁹
16.5 oz



Follow Your Heart
Soy-Free Veganaise

\$4⁷⁹
16 oz



Jackson's Honest
Sweet Potato Chips

\$2⁹⁹
5 oz



Muir Glen
Organic Pasta Sauce

2/\$6
25.5 oz



Hope
Organic Hummus

\$3²⁹
8 oz



Maya Kaimal
Indian Simmer Sauce

\$4¹⁹
12.5 oz



Rising Moon
Organic Ravioli

\$3⁹⁹
8 oz



Organic Valley
Organic Feta Cheese
Crumbles

\$3⁷⁹
4 oz



San-J
Asian Cooking Sauce
(selected varieties)

\$3¹⁹
10 oz



Explore Cuisine
Organic Black Bean
Spaghetti

\$3⁴⁹
8 oz



Daiya
Cheese Style Shreds

\$3⁹⁹
8 oz



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Organic Valley
Organic Ricotta Cheese

\$5⁴⁹
15 oz



Let's Do... Organic
Organic Coconut Flakes

\$2⁷⁹
7 oz



KIND
Nuts & Spices Bar

\$1⁴⁹
1.4 oz



The Greek Gods
Yogurt

\$3¹⁹
24 oz



Sunspire
Organic Chocolate
Chips

\$4⁶⁹
9 oz



Clif Bar
Energy Bar

\$1¹⁹
2.4 oz



Silk
Almondmilk

\$3⁸⁹
64 oz



Stretch Island
Original Fruit
Leather

49¢
.5 oz



Theo
Organic Chocolate
Bar

\$2⁴⁹
3 oz



Erewhon
Organic Cereal
(selected varieties)

\$3⁹⁹
10 oz



Arrowhead Mills
Buttermilk Pancake Mix

\$3⁷⁹
26 oz



theo

Mama Sifa Kavira is one of the 42,000 people in the Democratic Republic of Congo in a family that sells Theo cocoa.

100% of these farmers are trained in regenerative agriculture practices.

With every Theo purchase you get delicious chocolate and ensure Mama Kavira's annual income, along with all the farmers we work with, increases by 50%. You also enable us to partner with local organizations to meet immediate needs, like reducing the maternal fatalities in Mama Kavira's village from 45 to zero.

Now that's making life sweeter.

Learn more at
theochocolate.com



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Delivering the best
of the Plant Queendom
in creamy, indulgent
super herb powered elixirs

- A celebration of ancient wisdom delivering full potency herbs, including adaptogens, to help the body de-stress and re-energize
- Soulfully Crafted with MCT-filled coconut-milk for healthy metabolism support
- Certified organic, soy and dairy free, gluten free, GMO-free, and made without cane sugar, carrageenan, thickeners, gums, natural flavors or agave

REBBL.CO

REBBL
Organic Elixir

\$3²⁹
12 oz



C2O
Coconut Water

\$1⁷⁹
17.5 oz



Late July
Clasico Tortilla Chips

2/\$5
5.5 oz



Frontera Foods
Salsa

\$3⁴⁹
16 oz



KeVita
Organic Probiotic Tonic

2/\$5
15.2 oz



Kettle
Potato Chips
(selected varieties)

\$2²⁹
5 oz



Garden of Eatin'
Red Hot Blues

\$2⁷⁹
8.1 oz



R.W. Knudsen
Organic Cranberry
Pomegranate

\$3⁶⁹
32 oz



Chocolove
Chocolate Bar

\$2³⁹
3.2 oz



PROBAR
Meal Replacement Bar

\$2⁴⁹
3 oz



Amy & Brian
Coconut Water

\$2¹⁹
17.5 oz





Peter Rabbit Organics
Organic Baby Food
Pouch

2/\$3

4 oz



Nature's Bakery
Whole Wheat Fig Bar

69¢

2 oz



Good Karma
Flaxmilk + Protein

\$3.69

64 oz



Chocolate Cake with Ganache

(makes 9 pieces)

Chocolate Cake

- 1/2 cup cocoa powder
- 3/4 cup strong coffee, hot
- 1 1/4 cup all-purpose flour
- 1 cup granulated sugar
- 3/4 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon sea salt
- 1/3 cup vegetable oil
- 2 large eggs
- 1/4 cup sour cream
- 1 teaspoon vanilla extract

Instructions

1. Preheat oven to 350° F. Grease an 8" square or a 9" round cake pan and line with parchment.
2. Whisk cocoa powder and hot coffee in a small bowl until smooth. Set aside to cool.
3. Sift together flour, sugar, baking powder, baking soda, and salt. In a separate bowl, whisk together oil, eggs, sour cream, and vanilla.
4. Add dry mixture to wet mixture, stirring until fully incorporated.
5. Slowly stir in cocoa mixture.
6. Pour batter in prepared pan and bake for 30-35 minutes or until a toothpick inserted comes out clean.
7. Allow cake to cool for 10 minutes, then turn out onto a wire rack to cool.
8. Heat cream in a small saucepan until it reaches a boil.
9. Pour cream over chopped chocolate, set aside for 5 minutes, and then stir until smooth.
10. Pour ganache over the cooled cake.
11. With a vegetable peeler, shave chocolate onto the top of the cake.

Chocolate Ganache

- 1 cup heavy cream
- 3 Alter Eco chocolate bars, chopped
- 1 Alter Eco chocolate bar

Alter Eco
Organic Chocolate
Bar

\$2.89

2.82 oz



Numi
Organic Pu-erh Tea

\$5.99

16 ct



Good Health
Avocado Oil Kettle
Chips

\$2.59

5 oz



Lundberg Family Farms
Organic Tortilla Chips

\$2.79

5.5 oz





Dr. Bronner's
Organic Coconut
Oil

\$15⁹⁹
30 oz



Mineral Fusion
Volumizing Mascara

\$12⁷⁹
.57 oz



KISS MY FACE
Whitening Gel
Toothpaste

\$4²⁹
4.5 oz



Yogi
Tea

\$3⁴⁹
16 ct



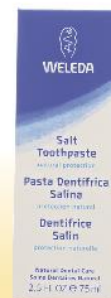
Thayers
Witch Hazel
(selected varieties)

\$7⁹⁹
12 oz



Weleda
Toothpaste

\$5⁷⁹
2.5 oz



Eternal
Naturally Alkaline
Water

2/\$3
1 lt



Andalou Naturals
Body Lotion

\$7²⁹
8 oz



Quantum Health
Super Lysine

\$7⁹⁹
90 ct



San Pellegrino
Sparkling Water

\$1⁷⁹
750 ml



ShiKai
Borage Therapy Original
Dry Skin Lotion

\$9⁹⁹
8 oz



ACURE
Volume Shampoo &
Conditioner

\$7²⁹
12 oz



SweetLeaf
Sweet Drops
(selected varieties)

\$8⁹⁹
2 oz



Aura Cacia
Tea Tree Essential Oil

\$6²⁹
.5 oz



Nature's Gate
Shampoo & Conditioner
(selected varieties)

\$5²⁹
18 oz



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Family-owned
 True farm-to-supplement quality control

1000+ acres of certified organic farmland
 Manufacturing done at our own facilities
 Non-GMO compliant, contaminant & adulterant free



MegaFood
 Balanced B Complex

\$12⁷⁹
 30 tab



Garden of Life
 Organic Plant-Based
 Protein

\$38⁹⁹
 840 g



Natural Factors
 Stress Relax® Tranquil Sleep
 Chewables

\$23⁹⁹
 60 tab



Jarrow Formulas
 Jarro-Dophilus EPS

\$15⁹⁹
 60 vcap



New Chapter
 Wholemega™
 Whole Fish Oil

\$36⁹⁹
 120 sgel



Natural Vitality
 Calm Plus Calcium

\$18⁹⁹
 8 oz



Boiron
 Chestal Cough Syrup

\$8²⁹
 6.7 oz



Nordic Naturals
 Ultimate Omega

\$55⁹⁹
 180 ct



Country Life
 Calcium
 Magnesium

\$13⁷⁹
 180 ct



Nature's Way
 Sambucus Syrup

\$10⁹⁹
 4 oz



Oregon's Wild Harvest
 Organic Milk Thistle

\$19⁹⁹
 90 ct



"One kind word can warm three winter months."
~Japanese Proverb



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 Organic Market
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