

# Holiday Pantry



One Degree  
Organic Whole  
Wheat Flour  
80 oz.

\$5<sup>49</sup>



Swerve  
Granular Sweetener  
12 oz.

\$5<sup>69</sup>



Organic Valley  
Organic Cultured  
Pasture Butter  
1 lb.

\$6<sup>69</sup>

*Brie & Cranberry  
Holiday Windmills*  
RECIPE ON THE BACK COVER

# LASSENS

NATURAL FOODS & VITAMINS

DECEMBER 2016

# 100% Organic Produce



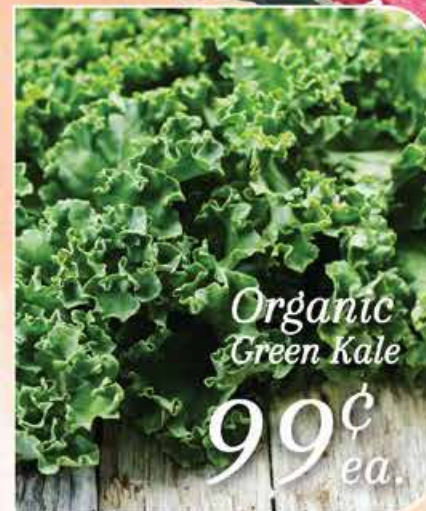
Organic  
Navel Oranges  
**\$1.29**  
lb.



Organic  
Fuji Apples  
**\$1.69**  
lb.



Organic  
Butternut Squash  
**99¢**  
lb.



Organic  
Green Kale  
**99¢**  
ea.

## Lassen's Fresh Kitchen



**Winter Beet Salad**

**\$7.99**  
lb.

Organic beets, organic carrots, Organic basil, organic onions, organic house made balsamic vinaigrette, organic pepper, sea salt.



**Potato Salad with Fennel**

**\$7.99**  
lb.

Organic potatoes, organic fennel, organic cherry tomatoes, organic onions, organic vegenaïse, organic olive oil, organic pepper, sea salt.



**Farro Salad with Cranberries**

**\$7.99**  
lb.

Organic farro, organic raisins, organic cranberries, organic onion, organic almonds, organic parsley, organic rice vinegar, organic orange juice, organic tamari, organic agave, organic pepper, sea salt



**Maple Glazed Carrots & Parsnips**

**\$7.99**  
lb.

Organic carrots, organic parsnips, organic parsley, organic vegan butter, organic maple syrup, organic balsamic vinegar, organic olive oil.



**SEASONAL!**  
**Eggnog Smoothie**

**\$4.49** **\$5.49**  
16 oz 24 oz

Eggnog almond milk, organic bananas, organic coconut bliss, organic nutmeg, organic cinnamon

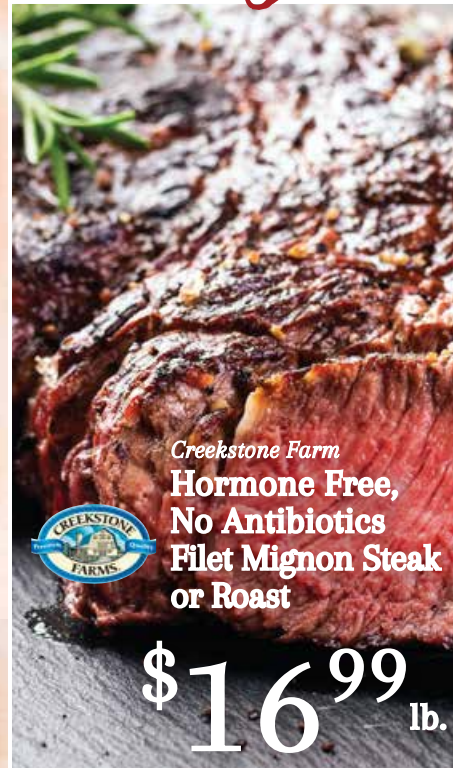
# Your Neighborhood Butcher



Sun Fed  
**Organic Grass-fed Ground Beef**  
 or 16 oz. Ground Beef Brick

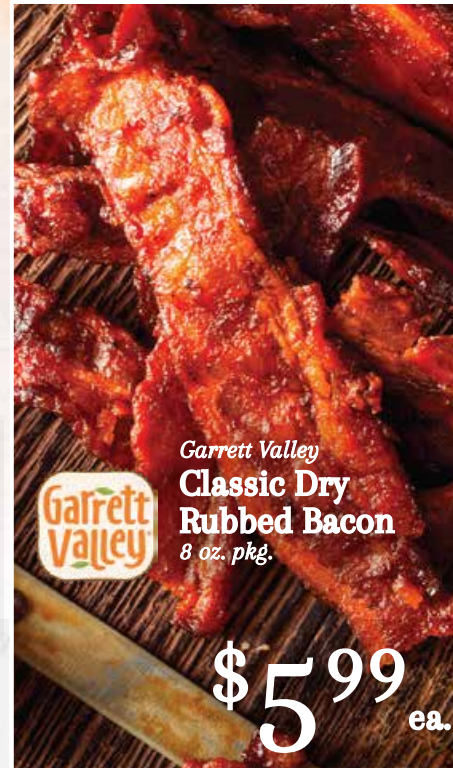
**USDA ORGANIC**

**\$7<sup>99</sup>** lb.



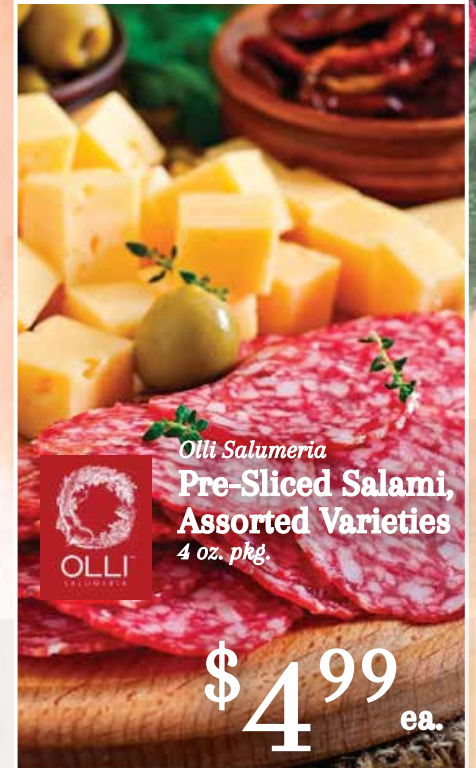
Creekstone Farm  
**Hormone Free, No Antibiotics**  
**Filet Mignon Steak or Roast**

**\$16<sup>99</sup>** lb.



Garrett Valley  
**Classic Dry Rubbed Bacon**  
 8 oz. pkg.

**\$5<sup>99</sup>** ea.



Olli Salumeria  
**Pre-Sliced Salami, Assorted Varieties**  
 4 oz. pkg.

**\$4<sup>99</sup>** ea.



**WILD CAUGHT**

Fresh/Frozen  
**Wild Caught Sockeye Salmon Fillet**

**\$9<sup>99</sup>** lb.



**WILD CAUGHT**

Fresh/Frozen  
**Wild Caught Raw Shrimp**

**\$10<sup>99</sup>** lb.

## Breakfast Essentials

### Kicking Horse

Organic Ground Three Sisters Coffee  
 10 oz.



**\$8<sup>99</sup>**

### Nature's Path

Organic Apple Cinnamon Instant Oatmeal  
 8 pkt.



**\$2<sup>99</sup>**

### Stonyfield

Organic French Vanilla Whole Milk Yogurt  
 32 oz.



**\$3<sup>99</sup>**

### Nancy's

Organic Cultured Cream Cheese  
 8 oz.



**\$2<sup>69</sup>**

# Supplements, Health & Beauty

Garden of Life  
Empowering Extraordinary Health

GARDEN OF LIFE  
LINE DRIVE  
40% off



Irwin Naturals  
Scientifically Supported Vitamin Formulas

IRWIN NATURALS  
LINE DRIVE  
30% off



Annemarie Borlind of Germany  
Pioneer of Natural Cosmetics

ANNEMARIE  
BORLIND  
LINE DRIVE  
20% off



Enzymedica  
Digestive Enzyme Supplements

ENZYMEDICA  
LINE DRIVE  
20% off



Lassens Brand  
Vitamins, Herbs and Aloe

LASSENS BRAND  
LINE DRIVE  
20% off



## Aura Cacia

Lavender Essential Oil  
0.5 oz.

**SAVE \$3**



**\$8<sup>99</sup>**

Also on sale,  
Sweet Almond Oil, 4 oz., \$4.49

## Acure

Body Lotion  
8 oz.- selected varieties

**SAVE \$2.50**



**\$7<sup>49</sup>**  
each

## Alacer

Emergen-C Cranberry  
Pomegranate  
1 pkt.

**49¢ EACH**



**\$9<sup>99</sup>**  
30 pk.

Also on sale,  
Immune+, 1 pkt., \$0.59

## Renew Life

Ultimate Flora Extra  
Care 50 Billion  
14 ct.

**SAVE \$4.50**



**\$17<sup>49</sup>**

Also on sale,  
Kids 3 Billion, 30 ct., \$13.49

## New Chapter

Turmeric Force  
30 ct.

**SAVE \$11**



**\$15<sup>99</sup>**

Also on sale,  
60 ct., \$21.99  
120 ct., \$38.49

## Sovereign Silver by Natural Immunogenics

Bio-Active Silver  
Hydrosol  
2 oz.

**SAVE \$4.50**



**\$10<sup>49</sup>**

Also on sale,  
Mist, 2 oz., \$10.49

## Dr. Mercola

Liposomal  
Vitamin C  
60 ct.

**SAVE \$3.50**



**\$14<sup>99</sup>**

Also on sale,  
Krill Oil, 60 ct., \$29.99

## Barlean's

Fish Oil Omega  
Swirl Mango  
16 oz.

**SAVE \$5.50**



**\$23<sup>49</sup>**

Also on sale,  
High Potency, 16 oz., \$26.99

## Life Flo

Pure Rosehip Oil  
1 oz.

**SAVE \$2**



**\$5<sup>99</sup>**  
each

## Life Seasons

Anxie-T Stress  
Support  
60 ct.

**SAVE \$12.50**



**\$22<sup>49</sup>**  
each

Also on sale,  
Puri-T Liver Support, 60 ct., \$22.49

## Life Flo

Pure Magnesium Oil  
8 oz.

**SAVE \$3**



**\$7<sup>99</sup>**  
each

## Boiron

Oscillococinum  
12 dose

**SAVE \$9**



**\$17<sup>49</sup>**  
each

Also on sale,  
Coldcalm, 60 ct., \$7.99

# Snack Central

## Kettle

Salt & Pepper  
Krinkle Cut  
Potato Chips  
13 oz.

\$3<sup>69</sup>



## Enlightened

Sea Salt Roasted  
Broad Beans  
3.5 oz.

\$2<sup>99</sup>



## Crunchmaster

Gluten Free Harvest Stone  
Crispy Mix  
4 oz.

\$2<sup>79</sup>



## Back to Nature

Fudge Mint  
Cookies  
6.4 oz.

\$3<sup>99</sup>



## Glutino

Gluten Free  
Original Crackers  
4.4 oz.

\$2<sup>69</sup>



## Milton's

Gluten Free  
Everything  
Crackers  
4.5 oz.

\$2<sup>59</sup>



Alter Eco  
Organic Blackout  
85% Dark  
Chocolate Bar  
2.8 oz.

\$2<sup>69</sup>



Chocolove  
Almond &  
Sea Salt Dark  
Chocolate Bar  
3.2 oz.

\$1<sup>89</sup>



Lakanto  
Sugar Free 85%  
Chocolate Bar  
3 oz.

\$3<sup>59</sup>



Bixby Bar  
To The Nines  
White Chocolate  
Bar  
1.5 oz.

\$1<sup>89</sup>

Perrier  
Sparkling Water  
25 oz.

\$1<sup>69</sup>  
+CRV



Knudsen  
Sparkling Crisp  
Apple Cider  
750 ml.

\$2<sup>99</sup>  
+CRV



## Santa Cruz

Organic Juice  
1 qt.- selected varieties

\$3<sup>49</sup>  
+CRV



# Great Groceries



**Annie's Homegrown**  
Organic Macaroni & Cheese  
5.5-6 oz.- selected varieties



**\$2<sup>39</sup>**

**Lundberg**  
Organic Short Grain Brown Rice  
2 lb.



**\$4<sup>39</sup>**

**Feel Good Foods**  
Gluten Free Shrimp & Vegetable Egg Rolls  
9 oz.



**\$3<sup>99</sup>**

**Nature's Path**

Organic Sugar Free Instant Oatmeal  
8 pkt.



**\$2<sup>99</sup>**

**Love Grown**

Blueberry Banana Walnut Hot Oats  
2.2 oz.



**\$1<sup>69</sup>**

**Wholesome!**

Organic Pancake Syrup  
20 oz.



**\$4<sup>59</sup>**

**Golden Temple**

Coconut Almond Granola  
per lb.



**\$2<sup>69</sup>**

**Nature's Path**

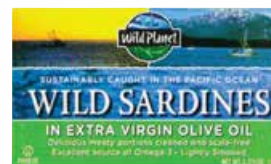
Organic Waffles  
7.4-7.5 oz.-selected varieties



**\$2<sup>89</sup>**

**Wild Planet**

Wild Sardines in Extra Virgin Olive Oil  
4.375 oz.



**\$1<sup>99</sup>**

**Seventh Generation**

Ultra Power Plus Dishwasher Detergent Packs  
18 ct.



**\$4<sup>49</sup>**

**Cascadian Farm**

Organic Vegetables  
16 oz.- selected varieties



**\$2<sup>29</sup>**

LASSENS

# Holiday Fair

FRIDAY, DECEMBER 2ND & SATURDAY, DECEMBER 3RD!

HOLIDAY CHEER

GREAT RAFFLE PRIZES

DELICIOUS TASTE TESTS

AMAZING TWO-DAY SALES



## Brie & Cranberry Holiday Windmills

Yields 10-12 Cookies

### Ingredients

- 1 package Immaculate Baking Crescent Rolls dough
- 8 oz Brie (brought to room temperature for easy spreading)
- Lassens Bulk Cranberries
- Lassens Bulk Organic Black Mission Figs
- Lassens Bulk Pecans
- Organic Cinnamon
- Organic Sugar
- Santa Cruz Organic Cinnamon Unsweetened Applesauce
- Unflavored Floss
- Fresh Organic Rosemary (optional for garnish)

1. Preheat oven to 350.
2. Remove the dough from its package and place on a non-stick surface. Roll out the log and pinch the edges where the crescent outline is.
3. Carefully spread the softened brie on the dough. Spread a light layer of applesauce over the brie. Sprinkle with cinnamon and sugar. You can also buy Simply Organic's pre-made cinnamon sugar combo!
4. Chop the pecans and figs in to small pieces. Sprinkles those and the cranberries on to the dough. You can put on as much, or as little, of each that you'd like, depending on your preference.
5. Roll the dough up, horizontally, so you have a long log again. Sprinkle with cinnamon and sugar.
6. Use the floss to slice the dough. Slide the floss under the dough, and pull the strings in the opposite direction so it cuts through the dough (as shown in the picture).
7. Place on a sprayed or oiled cookie sheet and bake for about 25 minutes or until the crust is golden brown.
8. Serve warm with rosemary for garnish.



November 1<sup>ST</sup> THROUGH December 31<sup>ST</sup>



ORGANIC WALNUTS

**Sale!**  
\$15.99<sub>LB</sub>

ORGANIC JUMBO RAISINS

**Sale!**  
\$3.99<sub>LB</sub>

ORGANIC RAW CASHEWS

**Sale!**  
\$10.99<sub>LB</sub>

ORGANIC PUMKIN SEEDS

**Sale!**  
\$4.99<sub>LB</sub>

ORGANIC BLACK MISSION FIGS

**Sale!**  
\$5.99<sub>LB</sub>

ORGANIC MEDJOO DATES

**Sale!**  
\$7.99<sub>LB</sub>

ORGANIC PINEAPPLE RINGS

**Sale!**  
\$4.99<sub>LB</sub>

ORGANIC SHREDDED COCONUT

**Sale!**  
\$3.99<sub>LB</sub>

**LASSENS**  
NATURAL FOODS & VITAMINS



CLOSED ON SUNDAYS

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Miracle Mile (LA)  
Phone: 323-648-7980

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