

Enjoy Smith Tea's full collection of premium, organic full leaf Green, Herbal, and Black, teas any time of the day for an invigorating and elevated tea experience!



Looking for deli, meat, and produce sales? New sales every Thursday. Visit your local store for more.



Find it in-store

New!

Lassens 2024
Holiday Gazette!

-Free to take!
-Full of recipes,
nutritional
articles, and
holiday cheer

LASSENS
NATURAL FOODS & VITAMINS
December 2024



SUPPLEMENTS, HEALTH & BEAUTY

AURA CACIA

Inspired by the power of positive change.



- Not Tested on Animals
- Authenticity Verified
- No Synthetic Fragrances or Colors
- Paraben Free

DR. WOODS

Skin Lightening
Rose Bar Soap
5.25 oz.

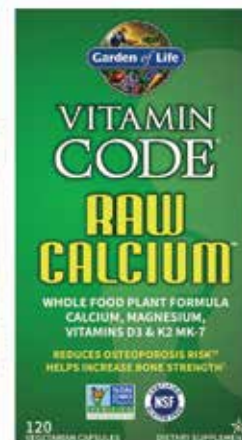
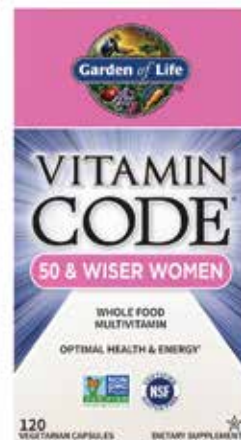


\$4⁴⁹

Also on sale:
Nourishing Coconut Milk Bar Soap, 5.25 oz. **\$4.49**

GARDEN OF LIFE

Vitamin Code
50 & Wiser Womens
Multivitamin
120 ct.



\$34⁴⁹

Also on sale:
Vitamin Code Raw Calcium, 120 ct. **\$38.99**

SUPPLEMENTS, HEALTH & BEAUTY

NEW CHAPTER

Bone Strength
Take Care
Slim Tablets
120 ct.



\$49⁹⁹

Also on sale:

One Daily Every Woman's Multivitamin 55+, 72 ct. **\$66.99**

SHIKAI

Shampoo
12 oz.



\$8⁴⁹



Also on sale:

Everyday Conditioner, 12 oz. **\$8.49**

TOM'S OF MAINE

Whole Care
Toothpaste With Fluoride
Peppermint
4 oz.



\$6⁴⁹

Also on sale:

Antiplaque Spearmint Floss, 1 ct. **\$4.19**

LASSENS

Sleep Dream
Essential Oil
1 oz.

\$10⁹⁹



Also on sale:

Holy Basil, 1 oz. **\$9.49**

Recipe

Mince Pie

INGREDIENTS AND TOOLS

- 2 cupcake trays (each with 12 holes)
- Baking paper
- Mixing bowl
- Wooden spoon
- Rolling pin
- Circle shaped cutter
- Star shaped cutter
- Pastry brush
- Wire cooling rack
- Sieve
- 12 oz all purpose flour
- 6 oz cold butter cut into cubes
- A little cold water
- 8 oz mincemeat
- A little milk
- 3 tablespoons icing sugar



INSTRUCTIONS

1. Grease 1 cupcake tray (12 holes) and preheat your oven to 425°F. In a bowl, combine the flour and cold butter. Rub the butter into the flour until it resembles breadcrumbs.
2. Gradually add cold water, 1 tablespoon at a time, stirring until the mixture just begins to come together (about 4-5 tablespoons). Form the dough into a ball.
3. On a floured surface, roll out the dough as thin as possible. Cut out 12 circles and place them in the greased tray.
4. Spoon 1 teaspoon of mincemeat into the center of each circle.
5. Re-roll the dough and cut out 12 star shapes. Place each star on top of the mincemeat and press lightly.
6. Brush the tops with a little milk and bake for 15-20 minutes, until golden and bubbling.
7. Cool on a wire rack. Dust with icing sugar, and serve.

Mincemeat

INGREDIENTS

- 1 pound finely chopped beef steak
- 1 1/4 cups raisins
- 1 1/4 cups currants
- 1/2 cup golden raisins
- 2 cups finely chopped tart apple
- 7 ounces shredded beef suet
- 2 cups packed dark brown sugar
- 2 tablespoons candied lemon peel
- 2 tablespoons candied orange peel
- 1 1/2 tablespoons finely chopped almonds

- 1 lemon, its zest and juice
- 2 tablespoons apple cider vinegar
- 1 1/2 teaspoons ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 1/4 teaspoon ground allspice
- 1/4 teaspoon ground mace
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground coriander
- 2 tablespoons brandy
- 2 tablespoons dark rum

INSTRUCTIONS

1. Combine all ingredients except for the brandy and rum in a pot and slowly bring to a simmer to prevent scorching. Reduce the heat to LOW and simmer uncovered for about 2 hours, stirring occasionally. Stir in the brandy and rum.
2. Spoon the hot mincemeat into sterilized jars (spooning it in the jar while hot will ensure the suet rises to the top to create a layer of fat). As the mixture cools the suet will harden, creating a seal to help preserve the mincemeat.

CUCINA ANTICA

Pasta Sauce
Alfredo
16.9 oz.



\$6⁴⁹

DR BRONNERS

Dark Chocolate Bar
Salted
3 oz.



\$3⁴⁹

BHUJA

Nut Mix
Snack
7 oz.



\$4³⁹

PURELY SPROUTED

Sweet & Salty
Snack Mix
4 oz.



\$4⁴⁹

R W GARCIA

Sweet Potato
Crackers
5.5 oz.



\$4⁶⁹

RAOS HOMEMADE

Spaghetti Pasta
16 oz.



\$2⁴⁹

SHADY MAPLE

Very Dark
Maple Syrup
16.9 oz.



\$15⁹⁹

TONNINO

Yellowfin Tuna
In Olive Oil
6.7 oz.



\$6⁹⁹

SATI

Chill Ginger
CBD Soda
12 oz.



\$3²⁹

BERLIN NATURAL BAKERY

Sprouted
Spelt Bread
19 oz.



\$4⁹⁹

GUITTARD

Chocolate Chips
Semisweet
12 oz.



\$5⁹⁹

HONOLULU COOKIE COMPANY

Chocolate Chip Macademia
Shortbread Cookies
4 oz.



\$5⁸⁹

HU CHOCOLATE

Hazelnut Butter
Chocolate
2.1 oz.



\$3⁹⁹

JUST DATE

Date Syrup
8.8 oz.



\$6³⁹

BRIANNAS

Asiago
Caesar Dressing
12 oz.



\$3¹⁹

MARY'S GONE CRACKERS

Super Seed
Everything Crackers
5.5 oz.



\$4⁶⁹

PACIFIC RESOURCES INT.

Manuka Honey
Bio Actv 20+
1.1 lb.



\$29⁹⁹

CHOCOLOVE

Milk Chocolate Bar
3.2 oz.



\$2⁹⁹

IMMACULATE BAKING CO

Cinnamon Rolls
17.5 oz.



\$5⁹⁹

VEGETARIAN PLUS

Kung Pao
Vegan Chicken
10.5 oz.



\$7⁹⁹

BUBBIES

Sauerkraut
25 oz.



\$6⁹⁹

MI RANCHO

Yellow Corn Tortillas
ThinCledibles
7 oz.



\$2⁹⁹

BOTTICELLI FOODS LLC

Alla Vodka
Pasta Sauce
24 oz.



\$5⁹⁹

SWEET LORENS

Chocolate Chunk
Cookie Dough
12 oz.



\$6⁸⁹

DAISY BRAND

Sour Cream
Regular
16 oz.



\$2⁹⁹

BLUE BUFFALO

Dry Food Cat
With Salmon
Adult
4 lb.



\$19⁸⁹

NATURTINT®

With a full line of permanent hair color for men and women and a growing line of hair care products, achieving vibrant, natural-looking results at home just got a lot easier

The first of its kind to be certified by the USDA Bio-Preferred® program, Naturtint Permanent hair color is formulated to provide you with better, easy-to-use at-home hair color and up to 100% gray coverage! With a passion for better beauty standards and scientific innovation, Naturtint replaces many synthetic ingredients with naturally derived alternatives. All Naturtint formulas are enriched with plant and seed oils for shiny radiant hair results you can feel good about. Free from ammonia, heavy metals, parabens, resorcinol, and synthetic propylene glycol, and always vegan and cruelty-free!



NATURTINT
5N Light Chestnut Brown Permanent
or 6N Dark Blonde Permanent Hair
Color Gel, 5.75 oz.

\$15⁴⁹



100% High Quality Italian Pasta- La Molisana

An innovative pasta with high protein content, able to boost your protein intake while keeping the taste, texture and pleasure of pasta every once in a while. A long tradition of growing grains, rich in spring water and pristine air that creates the ideal conditions for pasta production.



LA MOLISANA \$2⁴⁹
Fusilli Pasta
500 g.



LASSENS

NATURAL FOODS & VITAMINS

FOLLOW US ON

CLOSED ON SUNDAYS

LOCATIONS FEATURING DELI AND JUICE BAR

LOS FELIZ (LA)
323-660-0052
2080 Hillhurst Ave.
Los Angeles CA, 90027

BAKERSFIELD
661-324-6990
4308 California Ave
Bakersfield CA, 93309

OXNARD
805-486-8266
3471 Saviers Rd
Oxnard CA, 93033

SANTA MARIA
805-925-3432
1790 S Broadway
Santa Maria CA, 93454

SANTA BARBARA
805-683-7696
5154 Hollister
Goleta CA, 93111

SAN LUIS OBISPO
805-250-2805
896 East Foothill Blvd
San Luis Obispo CA 93405

VENTURA
805-644-6990
4071 East Main Street
Ventura CA 93003

ECHO PARK
213-542-6535
1631 W Sunset Blvd
Los Angeles CA, 90026

THOUSAND OAKS
805-495-2609
2150 E Thousand Oaks Blvd
Thousand Oaks CA, 91362

SIMI VALLEY
805-522-6990
2955 Cochran St
Simi Valley CA, 93065

THE WHOLE WHEATERY
661-945-0773

44264 10th St W,
Lancaster, CA 93534

MIRACLE MILE (LA)
323-648-7980

710 South La Brea Ave
Los Angeles CA, 90036