## INDEPENDENT February 2018 Justin's GT's Organic Enlightened Kombucha Organic Peanut Butter Cups \$ 39 Justin's. GTS KOMBUCI ANUT BUTTER CLIPS So Delicious

Pacific Organic Creamy Soup



Beverage



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



Late July **Organic Crackers** (selected varieties)





**Coconut Bliss** Organic Non-Dairy Frozen Dessert



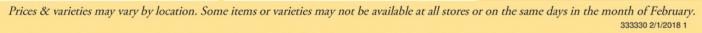
Green & Black's Organic Chocolate Bar





Did you know...

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



Eden Organic Beans (selected varieties)



Muir Glen Organic Tomatoes (selected varieties)





BLAC



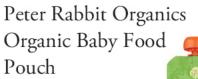
Prices & varieties may vary by location. Some items or varieties may not be available at all stores or on the same days in the month of February. 2 333330 2/1/2018



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Munk Pack Oatmeal Fruit Squeeze

\$**1**39



Alter Eco Organic Chocolate Bar

\$**2**<sup>59</sup>





# Chocolate Cake with Ganache

**Chocolate Ganache** 

3 Alter Eco chocolate bars,

1 Alter Eco chocolate bar

1 cup heavy cream

chopped

### (makes / 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, stiring 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.

Taza Organic Chocolate Mexicano Discs

\$**2**69



Numi Organic Pu-erh Tea





Good Health Avocado Oil Kettle Chips

\$2<sup>19</sup>



Lundberg Family Farms Organic Tortilla Chips





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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. 333330 2/1/2018 7 "One kind word can warm three winter months." ~Japanese Proverb



**Independent Choice**<sup>™</sup> specials are available at members of the Independent Natural Food Retailers Association store locations:

#### CONNECTICUT

Chamomille Natural Foods 58-60 Newtown Rd, Danbury It's Only Natural Market 575 Main St, Middletown Nature's Temptations 32 Prospect St, Ridgefield New Morning Market 129 Main St, Woodbury Super Natural Market & Deli 430 N Main St, Bristol

**DELAWARE** Harvest Market 7417 Lancaster Pk, Hockessin

#### DISTRICT OF COLUMBIA

Yest Organic Market 2123 14th St NW, Washington 1825 Columbia Rd NW, Washington 3809 12th St NE, Washington 3425 Connecticut Ave NW, Washington 4100 Georgia Ave NW, Washington 410 8th St SE, Washington

#### MAINE

Lois' Natural Marketplace 152 US Rie 1, Scarborough 47 India St, Portland Morning Glory Natural Foods 60 Maine St, Brunswick New Morning Natural Foods 3 York St, Kennebunk 230 Main St, Biddeford Royal River Natural Foods 443 US Rie 1, Freeport Uncle Dean's Good Groceries 80 Grove St, Waterville

#### MARYLAND

Chestertown Natural Foods 303 Cannon St, Chestertown Dawson's Market 255 N Washington St, Rockville David's Natural Market 5410 Lynx Ln, Columbia 1523 E Rock Spring Rd, Forest Hill 871 Annapolis Rd, Gambrills The Good Earth Natural Foods Company 41675 Park Ave, Leonardtown Yest Organic Market 5331 Baltimore Ave, Hyattsville

#### MASSACHUSETTS

The Alternative Market 33 N Washington St, N Attleboro **Cambridge Natural Foods** 23 White St, Cambridge **Organic Market** 1218 Main St, Chatham 640 Main St, Dennisport 31 Market St, Mashpee City Feed & Supply 672 Centre St, Jamaica Plain 66A Boylston St, Jamaica Plain **Common Crow Natural Market** 200 Eastern Ave, Gloucester **Cornucopia** Foods 150 Main St Ste 8, Northampton **Debra's Natural Gourmet** 98 Commonwealth Ave, Concord Down to Earth Natural Foods 751 Kempton St, New Bedford The Good Seed Natural Food Market 138 Central Ave, Seekonk Guido's Fresh Marketplace 1020 S St, Pittsfield 760 S Main St, Great Barrington

Nantucket Greengrocer 8C Amelia Dr, Nantucket The Natural Grocer 334 High St, Newburyport Roots Natural Foods 100 Crawford St, Leominster

#### NEW HAMPSHIRE

Maggie's Market 14 Main St, Peterborough Nature's Green Grocer 374 Union St, Peterborough Portsmouth Health Food Center 151 Congress St, Portsmouth

#### NEW JERSEY A1 Nutrition Store

210 Main Ave, Passaic Back to Nature Health Food Store 231 Rte 206 S, Chester Basil Bandwagon Natural Market 38 Old Hwy 22, Clinton 276 US Hwy 202/31, Flemington **Big Bear Natural Foods** 239 N Union St, Lambertville 21 Arctic Pkwy, Ewing 9 Rte 31, Pennington Green Acres Health Food Store 1297 Centennial Ave, Piscataway Green Life Market 1388 Rte 23 N, Butler 238 Newton Sparta Rd, Newton 66 Morris St, Morristown Green Street Market 3156 Rte 9 S, Rio Grande

Healthfair Natural & Organic Market 625 Branch Ave, Little Silver Healthway Natural Foods 35 Riveredge Rd, Tenafly Healthy Thymes Market 265 Rte 94, Vernon Nature's Corner Natural Market 2407 State Rte 71, Spring Lake Heights Nature's Nutrition 383 Brick Blyd, Brick Nature's Pavilion 564 Rte 23 N, Pomtpton Plains Pangaea Naturals 657 E Bay Ave, Manahawkin Whole Earth Center 360 Nassau St, Princeton

#### NEW YORK

A Matter of Health 138 Rockland Plaza, Nanuer 1347 1st Ave, New York 1478 1st Ave, New York 275 S Central Ave, Hartsdale **Cornucopia** Natural Foods 39 N Main St. Savville Down to Earth Whole Foods 305 Grant Ave, Endicott Downtown Natural Market 1701 Church Ave, Brooklyn 51 Willoughby St, Brooklyn 8401 37th Ave, Jackson Heights 285 Broadway St, Brooklyn Food For Health 1653 3rd Ave, New York Four Seasons Natural Foods 120 Henry St, Saratoga Springs Good 'N Natural 2173 White Plains Rd, Bronx Green Earth Health Market 4 Market St. Oneonta Green Planet Grocerv 18 E Cayuga St, Oswego 3514 W Genesee St, Syracuse 6195 Rte 31, Cicero Hart's Local Grocers 10 Winthrop St, Rochester Hawthorne Valley Farmstore 327 Rte 21C, Ghent Health Beat Natural Foods 214 Main St. Johnson City Health & Harmony 470 Hudson St, New York **Jason's Market** 1019 Ft Salonga Rd, Northport Jandi's Natural Market 3000 Long Beach Rd, Oceanside Kaaterskill Farm Natural Storehouse 173 Healy Blyd, Hudson 3 Blvd Ave, Catskill LifeThyme Natural Market 410 6th Ave, New York The Local Food Market 37 N Main St, Cortland 8 Clinton St. Tully Lori's Natural Food Center 900 Jefferson Rd, Rochester Mother Earth's Storehouse 300 Kings Mall Ct, Kingston 1955 S Rd, Poughkeepsie 249 Main St. Saugerties Nature's Pantry 1545 Rte 52, Fishkill 436 Bloomington Grove Tpk, New Windsor

Rising Tide 42 Forest Ave, Glen Cove Sunflower Natural Foods Market 75 Mill Hill Rd, Woodstock 24 Garden St, Rhinebeck The Local Food Market 8 Clinton St, Tully Uncle Sam's Good Natural Products 77 4th St, Troy 644 Loudon Rd, Latham

#### PENNSYLVANIA

**Big Bear Natural Foods** 1246 E Lincoln Hwy, Langhorne 925 Old Lincoln Hwy, Morrisville **Bloom Naturally** 307 Columbia Blvd, Bloomsburg 118 Walnut St, Danville Earthlight Natural Foods 933 Ann St, Stroudsburg **Everything Natural** 426 S State St, Clarks Summit Everything Natural Under the Sun 3415 Pleasant Valley Blvd, Altoona Frey's Better Foods 1575 Main St, Hellertown The Healthy Grocer 3800 Trindle Rd, Camp Hill Leg Up Farmers Market 3100 N George St, York Martindale's Natural Market 1172 Baltimore Pk, Springfield Nature's Harvest 101 E Moreland Rd, Willow Grove Kimberton Whole Foods 2140 Kimberton Rd, Kimberton 150 E PA Ave, Downingtown 1139 Ben Franklin Hwy E, Douglassville 239 Durham Rd, Ottsville 429 E King Rd, Malvern Lemon Street Market 241 W Lemon St, Lancaster Nature's Pantry 2331 Commercial Blvd, State College Organnons Natural Market 591 Durham Rd, Wrightstown

#### RHODE ISLAND The Green Grocer

934 E Main Rd, Portsmouth

#### VERMONT

Natural Provisions 537 Railroad St, St Johnsbury Natural Provisions Market 329 Harvest Ln St 100, Williston

#### VIRGINIA

Better Thymes Natural Foods 417 S St, Front Royal Ellwood Thompson's 4 N Thompson St, Richmond Good Foods Grocery 3062 Stony Pt Rd, Richmond Health Trail Natural Foods 10848 Warwick Blvd, Newport News 4858 G Washington Mem Hwy, Hayes HealthNut Nutrition 1701 Enterprise Dr, Lynchburg Organic Food Depot 4301 Commuter Dr, Virginia Beach 1912 Granby St, Norfolk Rebecca's Natural Foods 1141 Emmet St, Charlottesville

WEST VIRGINIA Community Garden Market 148 N Washington St, Berkeley Springs