

Item #	Description	Size	Price	Item #	Description	Size	Price
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### Baking - Supplies



#### Bread Crumbs - Gluten Free

21118D Rice Bread Crumbs - Sticklings 500g \$10.28  
 Sticklings Bakery Rice Bread Crumbs offer a very convenient gluten free solution while creating delicious meals.  
 Ingredients: rice flour, potato starch, water, salt, sugar, yeast.  
 Regular \$11.52



#### Carob Chips

##### SunSpire Baking Chips

20103D Chips, Grain Sweetened Vegan - 11.34 kg \$154.07  
 Silky-smooth carob chips created by combining sun-drenched Mediterranean carob with SunSpire's malted grain sweetener, then adding a bit of palm kernel oil to help the chips hold their shape in warmer temperatures. Ingredients: malted corn and barley, palm kernel oil, carob powder, soy lecithin. Due to shared equipment, product may contain traces of milk, and barley may contain traces of wheat. Reg \$167.87

20222D Chips, Unsweetened - Sunspire 11.34 kg \$154.07  
 Enjoy pure carob taste! Premium choice for those who want to avoid added sweeteners of any kind. A hint of milk powder is added to enhance taste and palm kernel oil for stabilization.  
 Ingredients: nonfat milk powder, carob powder, whey powder, palm kernal oil, soy lecithin. Contains: milk and soy.  
 Regular \$167.87



#### Chocolate Chips

##### SunSpire Baking Chips

20111D Chips, Bittersweet 65% Cacao, Org FT 11.34 kg \$240.72  
 Organic Fair Trade. Intense and indulgent, SunSpire's premium organic chocolate chips bring rich, premium flavours to your finest baking.  
 Ingredients: organic unsweetened chocolate, organic evaporated cane juice, organic cocoa powder, organic cocoa butter, organic vanilla. Due to shared equipment, product may contain traces of milk.  
 Regular \$259.73

20114D Chips, Semisweet, Grain Sweetened 11.34 kg \$186.67  
 An exclusive, all-natural sweetener made from malted barley and corn enriches the natural flavours of chocolate. Ingredients: whole grain malted barley and corn, unsweetened chocolate, cocoa butter, soy lecithin, vanilla.  
 Due to shared equipment, product may contain traces of milk, and barley may contain traces of wheat. Regular \$205.98



#### Chocolate Chips - Gluten Free

##### Enjoy Life

20110D Gluten Free Mini Chips, Semisweet 283g \$6.21  
 Ingredients: Evaporated cane juice, chocolate liquor, non-dairy butter. Contains NO: milk, nuts, tree nuts, soy or gluten. Made in a dedicated not and gluten-free facility.  
 Regular \$6.89.



#### Cocoa Powder

##### Cuisine Camino

20131D Pure, Organic (Fair Trade) 224g \$7.78  
 Regular \$9.65

### Cereals



#### Granola

Regular \$19.89cs / \$4.97ea. This month only \$4.27 each!

##### Bob's Red Mill

29013D Apple Blueberry, Whole Grain No Fat 4 / 340g \$17.08

29028D Cinnamon Raisin, Whole Grain 4 / 340g \$17.08  
 A sweet and tasty mix featuring whole grain oats, rice flour, oat flour, barley malt, unsulfured raisins, cinnamon and brown sugar.

29029D Honey Oat, Whole Grain 4 / 340g \$17.08  
 A traditional combination featuring whole grain oats, rice flour, oat flour and barley malt, sweetened with brown sugar, honey and pure vanilla.

29012D Natural "No Fat Added", Whole Grain 4 / 340g \$17.08  
 Natural Granola (No Fat Added) is gently toasted clusters of whole grain rolled oats, pure fruit and cane juices, and dried fruit for an all-natural, delicious, and healthy granola. Contains whole grain rolled oats, pineapple syrup, pear concentrate, peach concentrate, evaporated cane juice, maltodextrin, natural vanilla flavor.

### Grains - Oats



#### Oat Groats

19122D Organic Whole Hulled - Anita's 11.34 kg \$43.84  
 Regular \$58.34

#### Quick Oats

10142D Organic - Anita's 11.34 kg \$43.84  
 Regular \$46.31

#### Rolled Oats

19110D Organic - Anita's 11.34 kg \$43.84  
 Regular \$46.31

### Nutritional Supplements - Herbs



#### Frontier Herbs

30245D Kelp Powder, Organic 454g \$12.34  
 Regular \$13.49

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### Soups



#### Chicken Flavour Broth Mix

##### Westpoint Naturals Gluten Free Broth Mix

*Ingredients: maltodextrin, sea salt, autolyzed yeast extract, natural flavour, dehydrated vegetables (onion, celery, spinach, parsley, carrot, garlic), potato flour, soybean oil, xanthan gum, spices, soy lecithin (no MSG added).*

*Directions: add 3 tsp of broth mix to 1 cup of boiling water, mix well and serve.*

75516D	Gluten Free Broth Mix, Chicken	2 kg	\$40.37
	Regular \$43.88		
75548D	Gluten Free Broth Mix, Chicken	200g	\$5.97
	Regular \$6.32		
75520D	Gluten Free Broth Mix, Chicken	400g	\$9.95
	Regular \$10.53		



#### Soup Mixes

75543D	Vegetable Soup Mix - Bob's Red Mill	793g	\$5.80
	Regular \$25.88cs / \$6.47each. This month only \$5.80 each!		
	Blend of green split peas, yellow split peas, barley, lentils, vegetable pasta.		

#### Vegetable Flavour Broth Mix

*Ingredients: maltodextrin, salt, dehydrated vegetables (tomato, onion, carrot, garlic, celery, parsley, spinach), autolyzed yeast extract, potato flour, xanthan gum, spices, natural flavours, soy lecithin, extractives of spices (no MSG added).*

*Directions: add 3 tsp of broth mix to 1 cup of boiling water, mix well and serve.*

##### Westpoint Naturals

75519D	Gluten Free Broth Mix, Vegetable	2 kg	\$40.37
	Regular \$43.88		
75547D	Gluten Free Broth Mix, Vegetable	200g	\$5.97
	Regular \$6.32		
75517D	Gluten Free Broth Mix, Vegetable	400g	\$9.95
	Regular \$10.53		

### Spices & Seasonings

#### Pepper

30159D	Cayenne, Hot 90,000HU - Frontier	454g	\$11.43
	Regular \$12.62		



#### Peppercorns

30219D	Black, Whole - Premium Frontier	454g	\$14.20
	Regular \$15.68		

### Sugars & Sweeteners



#### Sugar

25150D	Powdered Sugar, Organic, Fair Trade	454g	\$6.31
	Made from certified organic fairly traded sugar cane, this fine, creamy powder is rich in molasses, vitamins, minerals and trace elements. The retention of the molasses in the sugar results in a smooth, mellow and rounded flavour.		
	Regular \$7.24		