

Refrigerated Foods

EARTH BALANCE
Buttery Spread
 Original, w/Olive Oil
 or Soy Garden

\$3.69

13-15 oz. Sugg. Retail: \$5.19

Organic Whipped
Buttery Spread..... \$3.99

13 oz. Sugg. Retail: \$5.39



KOZY SHACK
Pudding
 Chocolate, Rice, Tapioca
 or European Style Rice

\$3.39

22 oz. Sugg. Retail: \$4.59



**NOW SELLING
 HOOK'N LINE
 CAUGHT
 FRESH FISH**

**IN OUR
 REFRIGERATED
 CASE**

WALLABY
**Downunder Lowfat
 Organic Yogurt**

Strawberries & Cream,
 Mango Tangerine,
 Berries & Cream,
 Peach Passion,
 Pink Grapefruit or Dark Chocolate

\$1.19

6 oz. Sugg. Retail: \$1.69



**BLUEBERRY
 YOGURT SCONES**



Ingredients:

- 1 cup white flour
- 1 cup whole wheat flour
- 1/4 cup sugar
- 1/2 teaspoon salt
- 1 tablespoon baking powder
- 1 tablespoon baking soda
- 1 1/4 cups **Stonyfield** lowfat plain yogurt
- 1 cup **Wyman's** frozen blueberries

Glaze:

- 3 tablespoons butter, melted
- 2 tablespoons granulated sugar

Directions:

Preheat the oven to 425°F. Combine the flours, baking powder and soda, salt and sugar in a bowl, stirring with a fork to mix well. Add in the yogurt and frozen blueberries and continue to stir with a fork. The dough will become very sticky, and will hold together in a rough mass. Lightly flour a cutting board and transfer the dough to it. Knead the dough 5 or 6 times and form into a circle about 10 inches around. For the glaze, spread the butter over the top and the sides of the circle, and sprinkle sugar on top. Cut the circle into twelve wedges and place each wedge on a non-stick cookie sheet, allowing about an inch between pieces. Bake for about 15 minutes, or until golden brown.

STONYFIELD FARM
Organic Yogurt

Low Fat or Whole Milk
 All Varieties

99¢

6 oz. Sugg. Retail: \$1.29



NANCY'S
Organic Yogurt

Lowfat or Whole Milk Plain

\$3.49

32 oz. Sugg. Retail: \$4.99

Nonfat Vanilla..... \$4.19

32 oz. Sugg. Retail: \$5.79



LIBERTE
**Mediterranean
 Yogurt**

All Varieties

99¢

6 oz. Sugg. Retail: \$1.29



HELIOS
Organic Kefir

Peach, Plain, Raspberry,
 Strawberry or Vanilla

\$3.99

32 oz. Sugg. Retail: \$5.59



ANDREW & EVERETT
Shredded Cheese

Italian Blend, Mexican Mix
 or Sharp Cheddar

\$2.99

7-8 oz. Sugg. Retail: \$4.29



GALAXY FOODS
Rice Slices

All Varieties

\$3.19

7.3 oz. Sugg. Retail: \$4.49



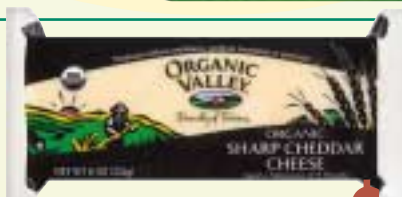
ORGANIC VALLEY
Organic Cheese..... \$4.19

Yellow Colby, Mild Cheddar, Reduced Fat Low Salt Cheddar
 or Reduced Fat Monterey Jack

8 oz. Sugg. Retail: \$5.79

Sharp Cheddar..... \$4.39

8 oz. Sugg. Retail: \$6.19



Household Supplies

WELLNESS
Dry Dog Food
 Puppy or
 Chicken Super 5 Mix

\$13.99

6 lb. Sugg. Retail: \$19.49-\$19.99



BIOKLEEN
Laundry Liquid

Citrus, Energy Saver
 or Free & Clear

\$9.59

64 oz. Sugg. Retail: \$13.99



BACH
**Pet Rescue
 Remedy**

\$8.99

10 ml. Sugg. Retail: \$12.99



EARTH WORM
**Family Safe
 Cleaning Products**

All Purpose, Bathroom, Carpet & Upholstery,
 Mold & Mildew or Odor Eliminator

\$4.39

22 oz. Sugg. Retail: \$6.49

Drain Cleaner..... \$3.99

32 oz. Sugg. Retail: \$4.99



GREEN FOREST
**White
 Paper Towels**

\$1.49

1 roll Sugg. Retail: \$2.19

Bath Tissue
 2-Ply Double Roll

\$9.99

12 pk. Sugg. Retail: \$14.19



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www.westerlynaturalmarket.com**