il closing Wednesday July 30, 2003.

Peanut Butter at The Garden Basket? Our all natural peanut butter comes from fresh, dry roasted, unsalted peanuts. We have a special machine located in our bulk food section that will grind the fresh peanuts into delicious, inexpensive, healthy peanut butter within seconds.

Did you know... You can make your very own all natural Healthy

What are the benefits of All natural Peanut Butter (and other all natural nut butters)?

No artificial flavours, colours, preservatives * No Stabilizers, Extenders or Fillers

Rich in Mono & polyunsaturated fat (the good fat) and low in saturated fat (the bad fat)

Trans Fat free * Gluten Free * Cholesterol Free * Low in sodium

Other Peanut Butter Benefits: It's a satiating and satisfying, perfect for dieters because it keeps you feeling full for longer.

 It helps reduce your risk of heart disease because of its health protective mono & poly-unsaturated oil, folate, Vitamin E, & magnesium.

It's a reasonable source of vitamins, minerals, and other health protective food compounds.

· It contains fiber

Tip: All natural nut butters are made without additives and should be kept refrigerated to preserve freshness.









Stouffville Sun-Tribune Thursday, July 24, 2008 13





SAVE





SAVE

.30



SAVE Hunts Ketchup .70

SAVE

\$1.50

Dalla Terra

Antipasto

Mediterranean

Roasted Red Repper

\$1.20 LORETTA

Mandarines

Loretta

Hunt's

Hunts Pasta Sauce

Apollinaris SAVE Mineral .50 Water

SAVE \$1.50 Mastro **Balsamic** Vinegar

