



Quinoa & Spring Veggie Fresh Rolls
with Tahini Honey Dipping Sauce
RECIPE ON THE BACK COVER

LASSENS

NATURAL FOODS & VITAMINS

APRIL 2017
Spring Specials



GT'S
Tantric Tumeric
Kombucha
16 oz

\$2.69



CASCADIAN
FARMS
Organic Cereal
Cinnamon Crunch
9.2 oz

\$3.29



SEVENTH
GENERATION
Free and Clear Natural
Laundry Detergent
100 oz

\$11.99

100% ORGANIC PRODUCE



ORGANIC Cucumbers **\$1.69** lb.



ORGANIC Blackberries **\$2.99** ea.



ORGANIC Fuji Apples **\$1.99** lb.



ORGANIC Cluster Tomatoes **\$1.99** lb.

LASSEN'S FRESH KITCHEN



ALMOND QUINOA SALAD

Cooked organic quinoa, organic roasted almonds, organic green onions, organic parsley, organic basil, organic red peppers, organic olive oil, organic lemon, organic pepper, sea salt



\$7.99 lb.



TURKEY BURGER

Free range, hormone free ground turkey, organic apples, organic onion, mango chutney and tabasco chipotle.



\$8.99 lb.



COMPLETE PROTEIN SALAD

Organic black beans, organic quinoa, organic bell peppers, organic cilantro, organic olive oil, organic lemon juice, organic garlic, organic cumin, organic black pepper, sea salt



\$7.99 lb.



DETOX SALAD

Organic cauliflower, organic bell peppers, organic parsley, organic green onion, organic watercress, organic cucumber, organic capers, organic green olives, organic olive oil, organic pepper, sea salt



\$7.99 lb.



FRESH ORGANIC JUICE WELLNESS TONIC

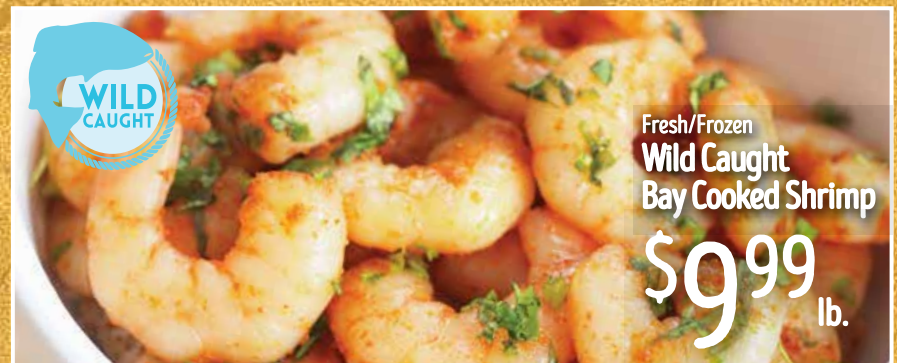
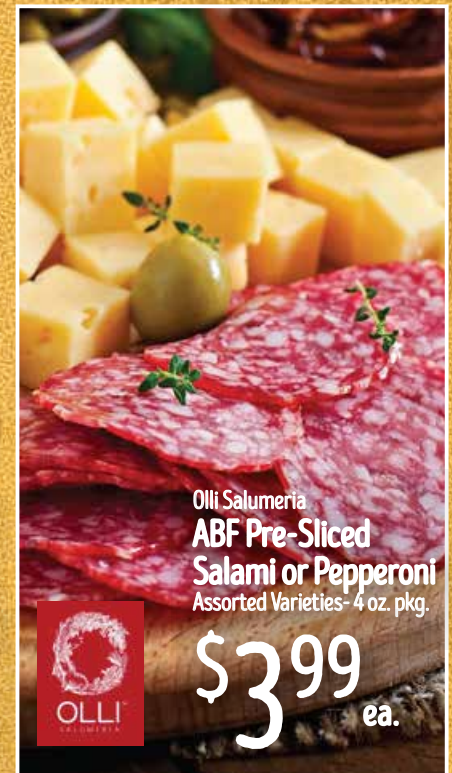
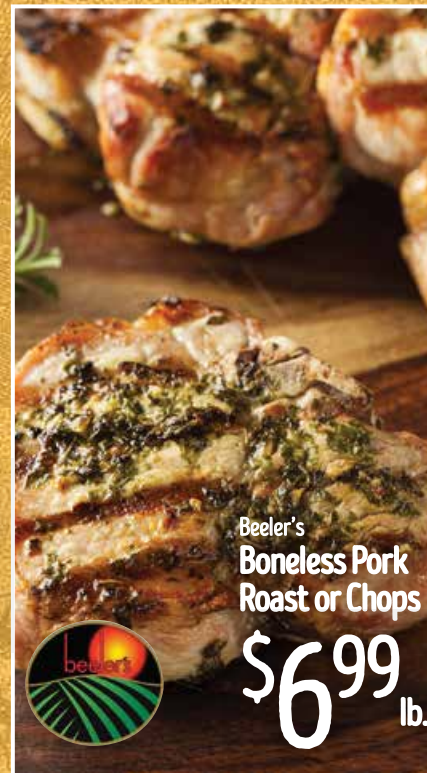


\$4.99 16 oz

\$6.99 24 oz

Organic apple, organic wheat grass, organic lemon, organic kale, organic ginger, organic turmeric, organic cayenne

YOUR NEIGHBORHOOD BUTCHER



BIOKLEEN

Gluten Free
Free & Clear Laundry
Liquid Detergent
64 oz.

\$8⁹⁹



DAHLICIOUS

Golden Turmeric
Smoothie
8 oz.

\$2²⁹



SO DELICIOUS

Organic Coco Whip
9 oz.

\$2⁸⁹



FIELDROAST

Smoked Tomato Deli
Slices
5.5 oz.

\$3¹⁹



KABRITA

Toddler Goat
Milk Formula
14 oz.

\$16⁹⁹



PRIMAL KITCHEN

Grass-Fed Collagen
Macadamia Sea Salt Bar
1.7 oz.

\$2⁴⁹



ENVIROKIDZ

Organic Peanutbutter
Panda Puffs
10.6 oz.

\$3⁴⁹



SO DELICIOUS

Unsweetened
Coconut Yogurt
24 oz.

\$5⁶⁹



ORGANIC VALLEY

Organic Reduced Fat
UHT 2% Milk
64 oz.

\$4⁶⁹



SWEET LEAF BY WISDOM NATURAL

Organic Stevia Sweetener 70 pk.

\$16⁹⁹



40% OFF

Suggested Retail

All Garden of Life® Products® LINE DRIVE



LASSENS BRAND

Vitamins, Herbs and Aloe

LASSENS BRAND
LINE DRIVE

20% OFF



ALAFFIA

Hydrating and Moisturizing Body Wash

ALAFFIA
LINE DRIVE

20% OFF



ORGANIC TRADITIONS

Nutrient Dense Superfoods

ORGANIC TRADITIONS
LINE DRIVE

20% OFF



CARLSON LABS

Cod Liver Oil and Fish Oil

CARLSON LABS
LINE DRIVE

20% OFF



DR. MERCOLA

Premium Supplements

DR. MERCOLA
LINE DRIVE

20% OFF



HOST DEFENSE

Reishi
30 ct.

SAVE \$5



\$14⁹⁹

Also on sale,
My Community, 30 ct., \$14.99

NORDIC NATURALS

Lemon Ultimate Omega
60 ct.

SAVE \$5.50



\$22⁴⁹

Also on sale,
Complete Omega, 60 ct., \$14.49

PLANTFUSION

Chocolate Brownie
Lean Protein
14.8 oz.

SAVE \$8.50

\$26⁴⁹



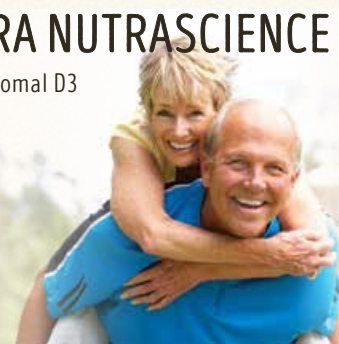
Also on sale,
Vanilla Bean Lean Protein, 14.8 oz., \$26.49

AURORA NUTRASCIENCE

Mega-Liposomal D3
9000 IU
16 oz.

SAVE \$3

\$24⁹⁹



Also on sale,
Micro-Liposomal D3 3000 IU, 5.4 oz., \$14.99

LIFE SEASONS

Anxie-T Stress Support
60 ct.

SAVE \$10

All Other
Items On
Sale!

\$24⁹⁹



Also on sale,
Urinari-X, 90 ct., \$24.99

SMARTYPANTS

Kids Gummy
Multivitamin
120 ct.

SAVE \$5

\$19⁹⁹



Also on sale,
Adult Multi Chew, 180 ct., \$24.99

BIO-K+

Probiotic Strawberry
6 & 12 pk.

SAVE \$6.50

\$42⁴⁹



Also on sale,
Probiotic Soy 6 & 12 pk., \$42.49

PUKKA

Night Time Tea
20 ct.

SAVE \$2

\$4⁹⁹



Also on sale,
Three Cinnamon Tea, 20 ct., \$4.99

DR. BRONNER'S

Hemp Tea Tree
Liquid Soap
32 oz.

SAVE \$3

\$14⁹⁹



Also on sale, Peppermint Oil
Liquid Soap, 32 oz., \$14.99

GIOVANNI

Smooth As Silk
Shampoo
8.5 oz.

SAVE \$2

\$6⁹⁹



Also on sale,
Tea Tree Shampoo, 8.5 oz., \$6.99

EARTHY

Grapefruit
Pomegranate
Hand Soap
17 oz.

SAVE \$1

\$3⁴⁹



Also on sale,
Orange Blossom Hand Soap,
17 oz., \$3.49

SUPER NUTRITION

Simply One PreNatal
30 ct.

SAVE \$3

All Other
Items On
Sale!

\$13⁹⁹



Also on sale,
50+ Women, 30 ct., \$16.99

URBAN MOONSHINE

Herbal First Aid
Aller-Blast
2 oz.

SAVE \$4

\$14⁹⁹



Also on sale, Healthy
Liver Bitters, 2 oz., \$14.99

NUTRASUMMA

Vanilla Protein Powder
2.06 lb.

SAVE \$11

\$31⁹⁹



Also on sale,
Chocolate Protein Powder,
2.16 lb., \$31.99

CRYSTAL STAR

Adrenal Energy
60 ct.

SAVE \$5

All Other
Items On
Sale!

\$19⁹⁹



Also on sale,
Muscle Relaxer, 60 ct., \$19.99

BEVERAGES & SNACKS

MAPLE HILL CREAMERY

Maple Drinkable Yogurt
12 oz.

\$2⁶⁹



ETERNAL

Spring Water
1.5 lt.

\$1⁴⁹



CALI WATER

Pear Cactus Water
1 lt.

\$3⁸⁹



SUJA

Mighty Greens Juice
12 oz.

\$2⁹⁹



CASCADIAN FARM

Chocolate Chip
Granola Bars
7.4 oz.

\$3²⁹



BARBARA'S

Original Cheese Puffs
7 oz.

\$2¹⁹



EPIC PROVISIONS

Bison Bacon Cranberry Bar
1.5 oz.

\$1⁹⁹



BEARDED BROTHERS

Mega Maca Chocolate Energy Bar
2 oz.

\$2⁶⁹



VERDAY

Lemongrass & Ginger
Chlorophyll Water
16.9 oz.

\$2³⁹



NEW PRIMAL

Original Beef Jerky
2 oz.

\$5⁴⁹



BACK TO NATURE

Fudge Mint Cookies
6.4 oz.

\$3⁹⁹



EATING EVOLVED

Caramel & Sea Salt Coconut
Butter Cups
1.5 oz.

\$2⁴⁹



WILD POPPY

Orange Soda
12 oz.

\$1¹⁹



LILY'S SWEETS

Almond Stevia
Dark Chocolate
3 oz.

\$3¹⁹



ANNIE'S HOMEGROWN

Cheddar Bunnies
Crackers
7.5 oz.

\$2⁹⁹



ANNIE'S HOMEGROWN

Grape
Fruit Bites
3.15 oz.

\$3⁷⁹



ANGIE'S

Sea Salt Boom Chicka
Pop Popcorn
4.8 oz.

\$2⁴⁹



GLUTINO

Original Crackers
4.4 oz.

\$2⁷⁹



KOMLETE

Chocolate Meal
Replacement Shake
11.2 oz.

\$3¹⁹



BARE FRUIT

Organic Fuji
Apple Chips
3 oz.

\$3²⁹



KULI KULI

Crunchy Almond Bar
1.6 oz.

\$2¹⁹



LIGHTLIFE

Teriyaki Smart
Vegan Jerky 3 oz.

\$3⁹⁹



EATPASTRY

Chocoholic Cookie
Dough 14 oz.

\$3⁹⁹



EARTH BALANCE

White Cheddar
Popcorn 7 oz.

\$2⁶⁹



SILK

Unsweetened
Soy Milk
64 oz.

\$3⁴⁹



STEAZ

Green Cucumber
Cactus Water Tea
12 oz.

\$1⁶⁹



TORRIE & HOWARD

Blood Orange
Fruit Chews
4 oz.

\$2⁴⁹



NAVITAS NATURALS

Cashew
Power Nuts
8 oz.

\$6⁴⁹



LUNDBERG

Organic Brown Jasmine
Thai Hom Mali Rice 8 oz.

\$1⁹⁹



BARBARA'S

Honey Rice
Puffed Cereal 10 oz

\$3⁶⁹



BIG TREE FARMS

Blonde Organic Coconut
Palm Sugar 16 oz.

\$3⁶⁹



ECOVER

Dish Washing Tabs
17.6 oz.

\$4⁹⁹



ANNIE'S HOMEGROWN

Chocolate Chip Cookies
8.4 oz

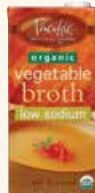
\$3²⁹



PACIFIC FOODS

Organic Low Sodium
Vegetable Broth 32 oz.

\$2⁷⁹



EARTH BALANCE

Creamy Peanut Butter 16 oz.

\$3⁹⁹



MADECASSE

Vanilla Extract 4 oz.

\$7⁴⁹



FOODSTIRS

Chocolate Lovers
Brownie Mix 15.6 oz.

\$2⁹⁹



WILD PLANET

Extra Olive Oil Sardines
4.375 oz.

\$1⁹⁹



MUIR GLEN

Organic Diced Tomatoes
28 oz.

\$2²⁹



ECOS

Lavender Liquid Laundry
Detergent 100 oz.

\$8⁸⁹



STACEY & MOM

Bibimbap 10.58 oz

\$4⁵⁹



EARTH BALANCE

Buttery Sticks 16 oz

\$3⁴⁹



SILK

Simply Plain Yogurt 24 oz.

\$4⁶⁹



ORGANIC VALLEY

Hazelnut Half & Half 16 oz.

\$2⁹⁹



GREAT GROCERIES

PADMA'S EASY EXOTIC

Curried Lentils
20 oz

\$3⁴⁹



YUMBUTTER

Sunflower Butter
7 oz.

\$4⁷⁹



CHOBANI

Nonfat Blueberry
Greek Yogurt 5.3 oz.

\$1²⁹



EARTHBOUND FARM

Organic Mango
Chunks 10 oz.

\$3⁴⁹



LIFEWAY

Mixed Berry Protein
Kefir 16 oz

\$3²⁹



DAIYA

Jalapeño Havarti
Style Block 7.1 oz.

\$3⁴⁹



PLUM ORGANICS

Second Blends: apple, plum,
berry & barley 3.5 oz

\$1³⁹



KASHI

Black Bean Mango
Quinoa Bowl 10 oz.

\$3²⁹



ANNIE'S HOMEGROWN

Berry Patch Yogurt
4-4 oz.

\$2⁹⁹



NOOSA

Pineapple Yoghurt
8 oz.

\$1⁸⁹



OH BABY FOODS

Stage 1 Peachy Puree
4 oz.

\$1⁹⁹



HORIZON

Organic UHT
Half & Half
16 oz.

\$2⁴⁹



CASCADIAN FARM

Organic Harvest Berries
10 oz.

\$2⁹⁹



BUBBIES

Kosher Dill Pickles
33 oz.

\$5³⁹



LASSENS



SHOP FOR A CAUSE!

A PORTION OF OUR SALES ON THESE DAYS WILL BE DONATED TO A SOON-TO-BE-ANNOUNCED EARTH FRIENDLY CAUSE

2 DAY SALES / RAFFLE PRIZES / TASTE TESTS AND MORE



Quinoa & Spring Veggie Fresh Rolls with Tahini Honey Dipping Sauce

INGREDIENTS

WRAPS:

- STAR ANISE FOODS VIETNAMESE RICE PAPER WRAPS
- WHATEVER ORGANIC VEGETABLES OR FRUITS YOU DESIRE, THINLY SLICED
- COCONUT MILK QUINOA

QUINOA:

- QUINOA COOKED IN 3 COCONUT MILK, 1 PART WATER

TAHINI DIPPING SAUCE:

- 2 T OF TAHINI
- 1 TSP OF HONEY
- 1 TSP FINELY CHOPPED FRESH MINT
- DASH OF SALT AND PEPPER
- 1 TSP LEMON JUICE (ADJUST TO TASTE; IE. MORE HONEY FOR A SWEETER SAUCE, ETC)

METHOD

PREPARE QUINOA AHEAD OF TIME TO MAKE SURE IT HAS TIME TO COOL COMPLETELY BEFORE ASSEMBLY.

ON A FLAT SURFACE PREPARE THE RICE PAPER AS INSTRUCTED ON ITS PACKAGE. PLACE YOUR INGREDIENTS IN A HORIZONTAL LINE IN THE CENTER OF THE RICE PAPER, LEAVING ABOUT AN INCH FROM THE LEFT AND RIGHT EDGES. FOLD THE RICE PAPER WRAP AS INSTRUCTED ON ITS PACKAGING (FOLDING IN SIDES, THEN LIFTING THE BOTTOM FLAP TIGHTLY OVER THE FOOD IN THE CENTER AND ROLLING TIGHTLY UPWARDS).

IN A SEPARATE BOWL COMBINE ALL THE TAHINI DIPPING SAUCE INGREDIENTS, ADJUSTING TO TASTE.

LASSENS

NATURAL FOODS & VITAMINS

FOLLOW US ON



CLOSED ON SUNDAYS



LOCATIONS
FEATURING
DELIS AND
JUICE BARS

FRESNO
559-434-6990

SANTA BARBARA
805-683-7696

SIMI VALLEY
805-522-6990

BAKERSFIELD
661-324-6990

VENTURA
805-644-6990

LOS FELIZ (LA)
323-660-0052

SAN LUIS OBISPO
805-250-2805

OXNARD
805-486-8266

ECHO PARK (LA)
213-542-6535

SANTA MARIA
805-925-3432

THOUSAND OAKS
805-495-2609

MIRACLE MILE (LA)
323-648-7980