

NEW ITEMS AT LAKEWINDS, JAN. 2022

GROCERY



Perennial Pantry pancake and waffle mix

If you're a regular reader of ours, you may have picked up that we love Kernza® perennial grain. It's great for farmers, great for the planet, and great for your kitchen. The flour made from Kernza is packed with folate, calcium, and fiber, and the dense, nutty flavor is perfect for making pancakes and waffles.

\$6.99  LOCAL



Soda Fountain malted milk powder

Back on shelves! With just five ingredients (and nothing artificial!) this malted milk powder turns your favorite ice cream or ice cream alternative into a diner-style malt. Add it to your favorite cake or cookie recipe for an extra layer of flavor.

\$7.99  LOCAL



Top Note sparkling mixers and club soda

Top Note reached into the past for the inspiration behind their intensely aromatic mixers. Inspired by the pharmaceutical tonics of the early 20th century, the owners have crafted award-winning mixers that will jazz up your holiday beverages.

\$6.99  LOCAL



Shanti Bars

Shanti protein bars are packed with 17 grams of plant-based protein, perfect for your workout recovery. They're organic, vegan, raw, gluten-free, and contain prebiotic fibers to help maintain a healthy gut!

\$2.99 each

GROCERY (CONT.)



Yum Earth black licorice

Yum Earth makes candy that's ideal for special diets. Their licorice is organic, gluten-free, vegan, and free from peanuts, tree nuts, dairy, eggs, fish, shellfish, and soy.

\$4.99

WELLNESS



Sprout Living Real Sport protein powder mix

Sprout Living's Epic Protein line is perfect for an active, plant-based lifestyle. The new Real Sport variety is fine-tuned to provide nutrition and support for vegan athletes. Anti-inflammatory turmeric and relaxing Ashwagandha help your body restore after intense workouts.

\$3.99 - 34.99



Andalou Naturals kukui body butter

The new body butter blend from long-time favorite Andalou Naturals is a big hit with our wellness teams. The blend of argan oil and shea and cocoa butters nourishes, softens, and smooths dried out skin. It's perfect for Minnesota winters!

\$12.99



Inesscents CBD infused bath soaks

A good soak in the tub is one of the best ways to soothe aches and chills. These new botanical bath soaks from Inesscents are infused with CBD for added stress relief.

\$9.99

WELLNESS (CONT.)



Giovanni castor oil

This eco-chic maker makes salon-quality hair products using simple, botanical ingredients. Their castor oil is great for taming frizzy hair while restoring natural moisture after dry, cold weather.

\$8.99

NEW SUPPLEMENTS

Whether you're seeking support for sleep, digestion, mood, or immunity, you'll find a number of new supplements this month to help you stay on track with your wellness goals for the new year.

- Enzymedica apple cider vinegar gummies, \$23.99
- Ancient Nutrition SBO probiotics, \$29.99
- Garden of Life Beet and Multi-collagen Supplements \$29.99 - \$39.99
- Country Life Kids Gut Connection, Sleep, and Immune Supplements, \$22.99
- Gaia Herbs Sleep, Stress, and Ashwaghandha Supplements, \$14.99 - \$17.99

GENERAL MERCHANDISE



Crafty Kit Company Scottish felting kits

The cold, short days of winter are an ideal time to start a new hobby. These felting craft kits contain everything a beginner needs to get started! Purchases help support global charities through Crafty Kit Company's participation in B1G1.

\$15.99 - 22.99



Shoppe geo crystals

Crystal stones are not only beautiful, they can be a great way to learn about nature and geology. Pick up a few specimens of naturally occurring minerals to display in your home, either on their own or tastefully worked into handcrafted décor.

\$2.49 - 29.99

GENERAL MERCHANDISE (CONT.)



Laughing Elephant vintage Valentine's cards

Laughing Elephant scours antique stores, estate sales, and other vintage collectible sources to help preserve paper art from bygone eras. These cute cards feature some of their favorite Valentine's Day images from the early 20th century.

\$11.95 for 15 cards (1 pack)