

Naturally News

Welcome to Naturally Organic,
your award winning healthy food store!
Auckland's Premier Organic & Natural Food Specialist...



Enjoy filtered tap water on the go.
Instantly filtered as you drink! This
exclusive filter removes up to 99.99% of
pollutants for up to 100 gallons of great
tasting filtered water.

Seychelle water bottles



800ml \$79.95

***BPA Free Stainless Water Bottle
removes chlorine and other
contaminants. FDA approved
materials. Non leaching. Safe, great
tasting water anywhere anytime.***

Keeps water cool for a period of time,
fits easily into a car cup holder or even
your bike rack holder.

Potential contaminants in our drinking water!

Chemicals: toxic chemicals, detergents,
pesticides and other harmful industrial and
agricultural wastes.

Dissolved Solids: heavy metals such as
aluminum, asbestos, copper, lead, mercury,
chromium

Aesthetics: unpleasant taste, odor, clarity,
dirt, sediment and chlorine.



source: seychelle.com

**Seychelle water filtration
removes 99.99% contaminants**

Replacement filter \$49.95

Accessories

Seychelle Netting Pouch - A protective
cover for stainless steel bottle, zip up
cover with shoulder strap. \$6.95

The magic of honey and cinnamon - it's worth a try!



ARTHRITIS:

Arthritis patients may take daily for pain. Try morning, and night, one cup of hot water with two spoons of honey and one small teaspoon of cinnamon powder.

COLDS:

Those suffering from common or severe colds Try one tablespoon lukewarm honey with 1/4 spoon cinnamon powder daily for three days. This process is said to help most chronic coughs, cold's and may even clear the sinuses.

IMMUNE SYSTEM:

Daily use of honey and cinnamon powder is said to strengthen the immune system and may aid the body in protecting against bacteria and viral attacks.

Studies have found that honey has various vitamins and contains iron. Regular use of honey protects the white blood cells and which helps fight bacteria and viral diseases.

LONGEVITY:

Tea made with honey and cinnamon powder, when taken regularly, arrests the ravages of old age. Take four spoons of honey, one spoon of cinnamon powder and three cups of water and boil to make like tea. Drink 1/4 cup, three to four times a day. It keeps the skin fresh and soft and arrests old age.

Natures Buzz Manuka Honey Active 20+ 500gm

Sourced from the premium nectar of the Manuka tree. Its unique curative qualities and powerful antibacterial properties make it the perfect honey to enjoy everyday. 100% pure New Zealand Honey, Manuka Certified Activity Rated -\$49.98 Also available in 5+ 10 + 15+

Trade Aid Cinnamon powder \$3.10

By supporting Fair Trade, you make the world a fairer place by helping to provide adequate housing, medical assistance and education.



Happiness is like a butterfly which, when pursued, is always beyond our grasp, but, if you will sit down quietly, may alight upon you. ~Nathaniel Hawthorne

Start your seasonal immune boost



*“The Bees Blessing range of **organic and all-natural NZ made drink concentrates** are handcrafted in small batches with constant attention to getting them perfect. Bees Blessing use organic ingredients, where available, and **ALL ingredients are 100% pure and natural**”*

Bees Blessing Cider Vinegar Honey Concentrate 330m 100% Pure and Natural Contains Organic Honey & Cider Vinegar. \$14.98

Bees Blessing Lemon Honey & Ginger Beverage 750m 100% pure and natural. Contains organic honey, lemons, lemon zest and root ginger. \$24.98

Bees Blessing Lemon Honey Concentrate 330ml Contains organic honey, lemon juice and lemon zest. \$14.98

Cider vinegar is widely known for its health benefits and claims have been made that it is helpful in ailments such as constipation, headaches, arthritis, weak bones, indigestion, high cholesterol, diarrhoea, eczema, sore eyes, chronic fatigue, mild food poisoning, hair loss, high blood pressure, obesity.

For a delicious drink, mix any of the above with 30-50 mls of hot (or cold) water and serve!

Source www.beesblessing.co.nz

**Dairy and gluten free,
organic chocolate muffins
- everyone will enjoy**



1/2 cup Unsweetened Apple Sauce
1/3 cup Water
1/3 cup Organic Vegetable Oil
1 tablespoon **Gatty** Vanilla Extract
3/4 cup **Abundant Earth** Cocoa Powder
1 cup **Unrefined Organic** Sugar
1 1/3 cups **Ceres** White Rice Flour
1/4 teaspoon **Pacific Harvest** Organic Salt
1 teaspoon **Bakels** Baking Powder
1 1/2 cups Organic Dark Chocolate Chips

1. Preheat oven 180°C
2. Mix or blend the applesauce, water, oil vanilla, cocoa, and sugar until smooth. Add the flour, salt, and baking powder and mix until well combined. Stir in the chocolate chips.
3. Spoon into greased muffin tray.
4. Bake for 25 minutes, or until muffin is firm around the corners or leaves indentation when pressed in the middle. Let them cool completely, before removing.
5. Dust with icing sugar or keep plain.

YUM!



Sweet, Tangy and Intensely Blue

Blueberries are high in antioxidants as well as being a powerful anti inflammatory.

Nutrients found in colourful fruits and vegetables are believed to protect against disease and promote healthy ageing.

Research has shown that blueberries even helped ease eye fatigue!

Delicious Organic Booster Smoothie

1 Large Organic (frozen) Banana Chopped
75g OOb Blueberries
180ml Organic Orange Juice
180ml Organic **Matatoki** Natural Yoghurt
½ tsp **Gatty** Vanilla Extract

Place all of the ingredients in blender and blend until smooth.

Omaha organic frozen berries 500gm *\$9.98

Omaha Blueberry Juice 330ml a delicious blend of apple, blueberry & ginger. \$4.98

Omaha Blueberry Organic Sorbet
850ml \$13.48

Special *

**New Zealand made organic ice cream
7 delicious assorted flavours
\$11.48! each**

Blueberry, vanilla, chocolate, licorice, strawberry, vanilla chocolate chip, blueberry sorbet

Omaha frozen strawberries also available
500g \$6.98

SPECIALS & WHATS NEW



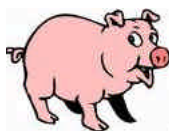
Green Monkey

A super healthy convenient baby food.
For babies six months and up.

Based on home made recipes and organic ingredients sourced entirely from New Zealand.
\$2.98 ea

***special 2 pack blueberry and apple \$5.00**

Henderson's Bacon



Dry Cured Middle Bacon, manuka smoked, no chemicals cured with NZ sea salt and brown sugar so no chemical nitrates.

Henderson's 100% Free Range Bacon 250g \$10.98
special * \$9.98
when you mention this special

Ti Kouka Organic Sausages

Lamb & Mint-pre cooked \$8.98

Little Nippers-pre cooked chipolatas \$6.98

Tuscan dried Tomato pre cooked \$9.98



Milk

Pacific Hemp milk - A natural source of Omega 3 & 6, excellent source of calcium vitamin D, B12 and Riboflavin.

Sweetened with Brown Rice Syrup. \$7.98

Chantal Organic Instant Skim Milk Powder 1kg Made In New Zealand \$13.98

Soy Milke Soy condensed milk 320g can \$4.98

Frooze Balls

Finally a delicious sweet that is healthy for you! Made in NZ from natural fruit and nuts.

- No sugar
- No preservatives, animal products, chemicals or colourings
- Made in New Zealand
- Bite sized balls
- Inexpensive
- Will fill you up

Only \$2 a pack of 5

Easter Shop Hours
Closed Friday 2nd & Monday 5th April
Open Saturday 3rd 8am to 4pm



Have a Safe & Happy Easter!

naturally  organic