

November 2019

Health Hutt

Your Haven for Healthy Living

Love Your Health Newsletter

The Holidays are fast approaching. Don't know about you, but we've been busy! If you're looking for an all natural, non-gmo and/or organic turkey, visit or call us soon to reserve a turkey. Turkeys are first come, first serve.

In addition to Black Friday, we're excited to have exciting give aways, free samples and deals for Small Business Saturday November 30. Stop into one of the stores to enter the drawing for gift baskets and healthy products now through November 30. If you are a card member, we will have extra savings available on November 30.

New Health Hutt logo items are coming soon! We asked for some input on Facebook... see the winning logo for tshirts and ChicoBags below!

See you at the Health Hutt!



We carry Mary's Turkeys! All the turkeys come frozen. They are first come, first serve. Get yours soon to have a better chance at getting the size you would

like.

Mary's provides more information about their turkeys [on their website](#), including thawing and roasting directions.

Free Range Non-Gmo Turkey

\$2.89 per pound, available in a size range between 8-24 pounds.

- No Preservatives
- Fed a Non-GMO Vegetarian Diet
- Fed No Animal By-Products
- Fed No Antibiotics Ever
- Gluten-Free
- Raised Without Added Hormones

Mary's Organic Turkey

\$4.49 per pound, available in a size range of 8-16 pounds

- No Preservatives
- Fed a Certified Organic Non-GMO Vegetarian Diet
- Fed No Animal By-Products
- Fed No Antibiotics Ever
- Gluten-Free
- Raised Without Added Hormones

[Holiday Baking Tips](#) [Restricted Diets –](#) [Gluten Free, Vegan,](#) [Dairy Free, Egg Free,](#) [Paleo](#)

It can be hard to navigate the holidays at family and community events if you have dietary restrictions and baking for others with restricted diets can be a complete mystery. Following are some general tips on what you can do to make dishes that are just as tasty while satisfying everyone at the table. Often times, we can make substitutes using items that are already in the kitchen. Don't lose hope! There are so many great recipes online.

Overall Tips for Binding and Fluff in 'Restricted' Baking



Featured photo from [glutenfreebaking.com](#). [Here's a wonderful recipe on gluten free blueberry muffins](#) using Bob's Red Mill 1-to-1 Baking Flour.



Sami's Bakery is one of our favorite gluten free breads! It works great for

- Baking Powder ([esp double acting with four ingredients](#))
- Baking Soda with an acid like Vinegar or Lemon Juice
- Add yogurt
- Add Applesauce
- Add Mashed banana
- Add Flaxseed meal
- For the holidays... Pumpkin!

stuffing and can be a substitute for rolls. It is also Vegan.

[Read more on the blog!](#)



The most popular design picked in our community polls was this circular design. New Health Hutt tshirts and Chicobags will be coming soon. There will also be new Health Hutt 8oz and 13 oz mugs, pint glasses, beanie hats, and mesh trucker hats.



Simple Gluten Free Pumpkin Pie (vegan option)

This very simple recipe results in quite a tasty pie! Mi-Del makes a gluten free, vegan graham cracker crust that tastes great!

INGREDIENTS

- gluten free pie crust
- 1 can of pureed pumpkin
- 2 eggs at room temperature
- can of evaporated milk or 10 oz heavy whipping cream (or half of each)**
- 1/2 cup brown sugar
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon*
- 1/2 teaspoon ground ginger*
- 1/8 teaspoon ground cloves*
- 1/8 teaspoon ground nutmeg*
- 2 tablespoons gluten free flour (optional)

*Or just 2 teaspoons pumpkin pie spice

**For a Vegan option, use a can of Coconut Milk (not lite). Leave out one or two tablespoons of the liquid in the bottom of the can.

Preheat oven to 425.

In a bowl, beat eggs slightly. Add sugar, cinnamon, salt, ginger, cloves, pumpkin and canned milk or cream.

Pour the wet mixture into a pie crust and bake for 15 minutes.

Reduce temperature to 350 degrees and bake for 45 more minutes.

Let the pie cool completely and serve!

Health Hutt



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November specials

valid November 1-30

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10% off
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products from the following companies

& 25% off
white sticker items



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PLUS
+CBDoil™
HEMP-DERIVED CBD OIL

Can't find what you're looking for? Ask a Health Hutt employee!

Become a Health Hutt Card Member for these additional savings!
Ask for details at the register.



Annual Love My Health Card membership is only \$20. You can start your membership at any time of the year. Ask the register about membership!

"The roots of all goodness lie in the soil of appreciation of goodness.."

- Dalai Lama



BY



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**CELEBRATE 10 YEARS OF
SMALL BUSINESS SATURDAY®
WITH US THIS NOV 30**

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