









LOVE EARTH

Promo Pack Chia Seeds



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Organia Psyllium Husk NP:RM36.90





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Twin Pack Mushroom Seasoning (150gx2)



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Organic Oat Range 400g (Regular / Quick / Bran Oat) NP: RM8:90 - RM10:90

m722-923



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Lightly Roasted Cashew Nut 320g NP:RM39.90



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Real Fruit and Real Veggle Crisps 85g NP:RM17.90

m13 222



with purchase of RM25 & above on selected products



45.90 / Bottle

NP: RM49.91

Biogold Organic Acacia Honey 500g



WELLNESS COUNTRY FARMS

41.00 / Bottle NP: RM46.13

Biogold Organic Forest Honey 500g



23.99 / Pack

Sunny Fruit Organic Dried Fruit Series 5s (Organic Dried Apricot, Figs, Plums, Strawberries, Tart Cherries)



ey Oat & DriedFruit Granola Bars

- Ingradions

 2 cups Country Farms Finland Rolled Oat

 1 cup mixed Sunny Fruits dried fruits
 (Apricot, Figs, Strawberry, Plums, Tart Cheeries)

 % cup Biogold honey (Acacia or Forest Honey)

 % cup Lountry Farms Peanut Butter

 11 tsp vanilla extract

 % tsp cinnamon (optional)

 A pinch of Nature Quest French Sea Salt

 % cup nuts or seeds (almonds, walnuts, chia seeds, flaxseed)

- Toast the oats: Preheat oven to 350°F (175°C). Spread oats on a baking sheet and toast for 8-10 mins until lightly
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 Mix wet ingredients: In a small saucepan, warm honey and peanut butter over low heat until smooth. Stir in vanilla, cinnamen, and salt.

 Combine: In a large bowl, mix oats, dried fruits, and any add-ins. Pour the honey mixture over and stir until well coated.
- coated.

 Press into bars: Line a baking dish (8x8 inch) with parchment paper. Firmly press the mixture into the pan (use the back of a spoon or wet hands).

 Chill & cut: Refrigerate for 2x hours (or freeze for 30 mins) until firm. Lift out using the parchment paper and cut into bars.

 Store: Keep in an airtight container for up to 1 week.

