



# JoJo's Natural Market

Largest Selection of Nutritional Supplements in Northern Michigan

1459 S. Otsego Avenue  
Gaylord, MI 49735

989-705-8500  
www.jojosnaturalmarket.com

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## Do you know how your meat is raised?

It's important to know where the meat you consume comes from and how it's raised. That being said many people don't have the time or resources to do so. That's why we carry Beef and Buffalo from Circle K Ranch in the UP that's grass-fed and hormone-free. We also carry Serendipity Farms pasture raised beef and pork, they are Non GMO Project Verified, Soy Free and No Hormones or Antibiotics. We have Chickens from Double L Farms free range, barnyard access, and 100% GMO free feeding practices. We get our fish from Bay Port Fish Co. where fish are frozen within 48 hours of catch to ensure the best quality.

We make sure that what is stock in our freezer reflects our values.



## Medicine Cabinet Makeover

It's that time of year when spring cleaning begins, let's start with your medicine cabinet. If you like many others you may have some over the counter pharmaceutical products with some unwanted side effects, it's time to swap those out for natural products. Sovereign Silver and Manuka Honey are great for minor skin irritations such as cuts, blisters, bug bites, and burns.

For temporary relief of acid reflux try sipping on some Apple Cider Vinegar. For long term relief Try Gaia's Reflux Relief.

For an upset stomach Ginger Chews or Aloe can offer relief.

If you are suffering from cold or flu symptoms try Oregano Oil, Echinacea, or Elderberry. You can also get some relief with Boiron's Oscilloccinum or CV Science Acute.

For pain relief try Turmeric, or CBD oil.

Suffering from a headache try massaging peppermint oil onto your temples and the back of your neck.

If you have issues with your digestive system try using digestive enzymes.

There are too many ailments to list, you can be sure that most items in your medicine cabinet can be replaced with a natural alternative.



15%  
OFF  
CV  
Science



15% OFF  
Gaia Herbs





We carry all natural food coloring for those Easter Eggs you plan on decorating

## Raw Chocolate Mousse Tarts

### INGREDIENTS

#### FOR THE CRUST:

3 cups gluten-free oats  
1 cup almonds  
1/2 cup + 2 tbsp coconut oil (melted)  
1/4 cup maple syrup

#### FOR THE FILLING:

1 1/2 cup Sunfood Cashews, soaked  
1 1/4 cup almond milk  
1/2 cup raw Cacao Powder  
6-8 Medjool dates  
3/4 tsp vanilla extract  
1 Tbsp raw Cacao Butter, melted  
Pinch of Pink Salt  
Optional: 1/4 cup maple syrup

Preheat oven to 360 degrees. Grease 8 mini tart pans with coconut oil and set aside. For the crust add oats and almonds into a food processor. Pulse until combined then add

maple syrup and coconut oil and process into a moist mixture.

Firmly press dough into the tart pans and press up on the sides as well. Bake for about 8-10 minutes until the crust appears golden brown. Let sit for about 5-10 minutes and then transfer onto a cooling rack.

For the dark chocolate mousse filling heat almond milk, cashews, cacao butter, cacao powder, and dates in a small pot over medium heat. Turn heat to low and add maple syrup if preferred.

Pour mixture into a high-speed blender and blend until consistency is smooth.

Pour into tarts. Refrigerate for at least 2-3 hours until mousse tart has fully set. Top off with fresh fruit, powdered sugar, and chocolate shavings.

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