



Wellness Forum Health

Product Catalog

To order call 614 841 7700

Stuff for your Smoothie (GF)

Ask how you can apply purchases of smoothie ingredients to select Wellness Forum Courses.

Wellness Forum Super Foods Smoothie Mix

\$25/15 servings

This health-promoting product is a great base for a smoothie any time of day!

Ingredients: Spirulina, beet, spinach, wheatgrass, tomato and carrot powders; stevia

Available without stevia upon request.

Golden Flax

\$4.75/lb

The finest food grade organic flax seeds you can buy! Larger, flatter, softer and tastier than other flax seeds.

Brewer's Yeast

\$5.00/lb

Another healthy addition for your breakfast drink! A great source of B-vitamins and trace minerals.

New Spring Green Tea

\$34.00 / 90g

It's different from other green tea! This food-grade tea is grown on Wellness Forum's farm in a remote area of China. Each leaf is hand-picked, air-dried without heat, and double sealed and wrapped to preserve nutrient density before being shipped to Wellness Forum's Columbus headquarters.

Breads

Corn Bread

Serves 8

\$6.49

Make bread or muffins in 15-20 minutes with this whole grain mix. Add soy milk and applesauce for healthy old fashioned corn bread.

Ingredients: Whole wheat flour, yellow cornmeal, sucanat, baking powder, sea salt

Millet Sunflower Seed Bread Mix

\$8.75

A multi-grain, high fiber bread to add variety to your diet. **Makes a 1.5 pound loaf.**

Ingredients: Unbleached White Flour, whole wheat flour, millet, sunflower seeds, sucanat, yeast, sea salt

Quick Mix **Serves 8-12*** **\$8.95**
Try this great mix as a base for muffins, scones, pancakes, waffles, cookies and more!
Instructions and recipes included. *depends on recipe selected
Ingredients: Whole wheat pastry flour, baking powder, soymilk powder, sucanat, sea salt.

Gluten-Free Quick Mix (GF) **\$9.95**
Ingredients: Brown rice flour, potato starch, tapioca flour, baking powder, soymilk Powder, sucanat, xanthum gum, sea salt.

Fruit and Nut Crunch Bars

Box of 12 bars **\$34.95**

Delicious, nutritious, and filling!!

Ingredients: Rolled oats, walnuts, apricots, cherries, dates, chia seeds, brown rice syrup, almond butter, ginger, cinnamon, vanilla extract, sea salt, tocopherols to preserve freshness.

Cereals

Date and Almond Granola Cereal 16 oz **\$8.95**

Tastes great right out of the bag or topped with plant milk! Serves 8

Ingredients: Rolled oats, maple syrup, dates, almonds, filtered water, almond extract, sea salt.

Multi Grain Cereal 16 oz **\$7.95**

Enjoy a delicious variety of grains in one great cereal! Serves 8

Ingredients: Rolled oats, maple syrup, barley flakes, kamut flakes, soy flakes, spelt flakes, filtered water, cinnamon, vanilla extract, sea salt.

Wellness Forum Delicious Soups

Single Serving Soups:

**Tomato Soup (GF) and Potato Soup (GF) \$1.99 each
or 10 or more for \$1.85 each!**

Family Size:

Tomato (GF) Serves 4 \$8.95

Tomato powder, potato flakes, sucanat, soy powder, sea salt, garlic powder, onion powder, oregano, basil.

Potato Soup (GF) Serves 4 \$7.49

Potato flakes, soy powder, dehydrated vegetable flakes, sucanat, sea salt, garlic powder, dehydrated onion, ground celery seed, thyme, sage.

Certainly NOT Chicken Broth (GF) makes 3 quarts \$7.75

Taste just like grandma's – but it's vegan! Use for soups, casseroles or by itself as good old-fashioned comfort food.

Ingredients: Dehydrated Vegetable Flakes, Nutritional Yeast, ground celery, onion powder, garlic powder, sage, thyme

Brown Rice Vegetable Soup (GF) Serves 8 \$8.75

One of the most versatile soups we make!

Ingredients: Brown rice, dehydrated vegetable flakes, garlic powder, sea salt, onion powder, thyme.

Main Dishes and Accompaniments

Curried Lentils and Rice (GF) **Serves 4** **\$8.95**

A great side dish, or add tofu and/or fresh vegetables for a main dish.

Ingredients: Green lentils, short grain brown rice, dehydrated onion flakes, ground cumin, garlic powder, sea salt, ground coriander, turmeric, ground ginger, ground mustard.

Delightfully NOT Cheese Sauce (GF) Serves 5 \$6.75

Tastes, looks, has the same "mouth feel" as cheese! Use in any recipe that calls for cheese sauce, especially your favorite "Mac and cheese!"

Ingredients: Nutritional yeast flakes, arrowroot powder, dry mustard, sea salt, garlic powder.

Biryani (GF) **Serves 6** **\$8.95**
Biryani is a traditional rice dish from India and The Middle East. It is fragrant with spices like cardamom, cinnamon, and ginger, and studded with golden raisins and sliced almonds

Ingredients: Basmati rice, sliced almonds, turmeric, sea salt, cumin, coriander, cardamom, cinnamon, ground ginger.

Millet "Meatloaf" (GF) **Serves 6-8** **\$9.99**
This mix makes a loaf that tastes just like meatloaf. Makes one loaf, and can also be used as a substitute for ground beef in recipes.
Ingredients: Millet, dehydrated onion flakes, dehydrated celery flakes, dehydrated green bell pepper, garlic powder, sea salt, basil, oregano

Taco! Taco! (GF) **Serves 8** **\$9.95**
Use for tacos, Sloppy Joes, and Mexican Casseroles!
Ingredients: Tempeh, dehydrated onion flakes, sucanat, chili powder, cumin, oregano, sea salt, garlic powder

Desserts

Applesauce Cake **Serves 9** **\$8.50**
A delicious dessert the whole family will love! Easy to make: just add applesauce to the mix, stir and bake!
Ingredients: Whole wheat flour, sucanat, cinnamon, ground ginger, baking soda, allspice.

Chocolate Cake **Serves 9** **\$8.50**
This moist chocolate cake is perfect for any special occasion, or just because.
Ingredients: Whole grain spelt flour, sucanat, unsweetened cocoa, baking powder, sea salt.

Chocolate Cream Pudding (GF) **Serves 4** **\$6.00**
For the most serious chocoholic! Enjoy as pudding or use as a "frosting" for our Mmmm Chocolate Cake!
Ingredients: Powdered sucanat, unsweetened cocoa, arrowroot powder, sea salt.

Chocolate Crunch Bar **\$3.00**
Brown rice syrup, puffed brown rice, vegan chocolate chips, unsweetened cocoa.

Chocolate Peanut Butter Crunch Bar **\$3.50**
Brown rice syrup, puffed brown rice, vegan chocolate chips, peanut butter, peanuts, unsweetened cocoa.

Sweet Mixes

Break for Cocoa (GF) **Serves 4** **\$5.75**
Don't give up the pleasure of hot cocoa—try this tasty and healthier version of a classic treat!

Ingredients: Unsweetened cocoa, powdered sucanat, arrowroot, sea salt

Lean and Healthy Oatmeal Bars **Makes 18 bars** **\$9.50**
A nutritious high fiber snack, dessert, or meal replacement. They'll keep for a week, or you can freeze them for later use.
Ingredients: Oats, soy flour, whole wheat flour, dates, raisins, sucanat, cinnamon, sea salt, baking soda

Chocolate Decadence Bars **Makes 18 bars** **\$10.50**
Our popular and nutritious, high fiber snack in everybody's favorite flavor! They'll keep for a week, or you can freeze them for later use.
Ingredients: Rolled oats, whole wheat pastry flour, vegan chocolate chips, sucanat, cinnamon, sea salt, baking powder.

Wellness Forum Personal Care Products

These products are made from pure, first press essential oils and contain no artificial ingredients or chemicals.

Shampoo basil/lime or rosemary/mint **8 oz/\$ 8.99 16oz/\$15.99**

Conditioner basil/lime or rosemary/mint **8 oz /\$ 8.99 16oz/\$15.99**

Bath Gel lavender, lemongrass, or unscented
8 oz/\$ 9.99 16 oz/\$15.00

Lotion lavender, lemongrass, unscented)
8 oz/\$11.99 16 oz/\$19.99

Deep Moisturizing Lotion unscented or sandalwood **8 oz/\$9.99**

Bar Soap (unscented)	\$ 4.95
Face Food Oily Skin 2 ounces	\$ 9.99
Face Food Dry Skin 2 ounces	\$ 9.99
Lip Balm	\$ 5.95
Toner 4 ounces	\$ 8.99
Exfoliating Scrub	\$16.95
French Clay Mask	\$11.95

**Can't decide which products to buy?
Try our samplers!**

Three great options:

Food Sampler

Contains each of our fabulous food products:
meat substitutes, smoothie ingredients,
bread mixes, desserts, main dishes, side dishes, soups, cereals and bars
Only \$230.16 (plus freight)

Gluten-Free Sampler

Contains each of our
fabulous gluten-free food products:
meat substitutes, smoothie ingredients,
bread mixes, desserts, main dishes, side dishes, and soups
Only \$155.52 (plus freight)

Personal Care Sampler

Contains one each of our amazing personal care products: bath gel and soap, shampoo and conditioner, complete skin care package, and lip balm
Only \$112.69 (plus freight)