Sustainable Sourcing

We’re committed to providing sustainably sourced bulk products to our customers — products respectful of the environment and the people around the world who produce them. We deal ethically with our growers and their communities and work with them to preserve and protect their resources.

We offer fair prices, dealing directly with growers whenever possible so they get maximum compensation for their products. Through programs like our own comprehensive sustainable sourcing program, Well Earth, and purchasing Fair Trade Certified products, we help growers develop certified organic, sustainable production methods and improve social conditions for workers and their families and communities.

Notice that many of the ingredients in each category are available in bulk (Frontier Bulk Items are bolded in green.) You can make your own organic tea, use pumpkin or flax seeds for your base, add creamy texture with nutritious nuts, supplement the greens with dried vegetables and herbs, add one or more healthful boosters and flavor it with your favorite spice or vanilla powder — all with just one stop in your bulk section.

For more recipes and cooking tips, visit www.frontiercoop.com
Better Smoothies With Bulk

If you’re looking to add impact and variety to your smoothies, check out your natural food store’s bulk section. There’s no better source of ingredients, whether you’re just trying out the healthy blender-drink trend or looking to spice up your established routine.

Buying your smoothie ingredients from the bulk section is not only economical, it also allows you the flexibility to customize and experiment so you can make smoothies for your specific tastes and health goals.

You can buy a pinch of a spice to see if you like it, or a cup of vitamin C powder to use in several recipes or a pound of cacao nibs if you want to make them a mainstay of your smoothie creations. If you have a recipe that calls for 1/4 cup of goji berries, just buy that exact amount and try them before you commit to a larger purchase.

You can also zero in on your best personal health boosters with a little research and some smart bulk buying, choosing ingredients that give you the specific supplemental nutrition that you need most. Or just experiment with a wide variety of ingredients until you find the combinations that taste best and make you feel good.

All these approaches are easy to do with the flexibility of buying from your bulk section.

Here are some nutritious, great-tasting smoothie recipes for you to try from Tess Masters, author of The Blender Girl and The Blender Girl Smoothies. The wide variety of ingredients will inspire you to experiment with your own creative combinations.

**Chai Tai**
This creamy blend of warm spices is a 5-minute dessert in a glass.

**INGREDIENTS:**
- 1 cup unsweetened almond milk
- 1 cup coconut water
- 1/4 cup chopped pitted dates (soaked in warm water for 15 minutes)
- 1 teaspoon ground flax seeds
- 1/2 teaspoon vanilla powder
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 1/8 teaspoon ground nutmeg
- 1/8 teaspoon ground cardamom
- Pinch of ground cloves
- 2 medium frozen sliced bananas

**DIRECTIONS:**
1. Throw all of the ingredients into your blender and puree on high for 30 to 60 seconds, until smooth and creamy.

**Green Tea-ni**
Steep the tea lightly, and add all boosters for full flavor and effect.

**INGREDIENTS:**
- 1 teaspoon green tea leaves
- 3/4 cup boiling water
- 1/2 cup unfiltered apple juice
- 1 cup green seedless grapes
- 1/4 cup firmly packed mint

**DIRECTIONS:**
1. In a small bowl, steep the tea in the boiling water for about 1 minute. Strain the tea, allow it to cool, and refrigerate until fully chilled.
2. Throw the chilled tea, apple juice, grapes, mint, pineapple, wheatgrass and spices into your blender and blast on high for 30 to 60 seconds, until smooth and creamy.

**Blender Avenger**
The trio of orange zest, cinnamon, and ginger warms up the party, making this “berry” special.

**INGREDIENTS:**
- 1 1/4 cups coconut water or water, plus more as needed
- 1/2 cup red seedless grapes
- 1 ripe pear, skin on, cored and diced
- 2 tablespoons açai powder
- 2 teaspoons maqui powder
- 1 teaspoon vitamin C powder
- 1/2 teaspoon minced ginger
- 1/4 teaspoon ground cinnamon
- 1/2 teaspoon finely grated orange zest
- 1 teaspoon pure maple syrup, plus more to taste
- 2 cups mixed frozen berries

**DIRECTIONS:**
1. Throw all of the ingredients into your blender and puree on high for 30 to 60 seconds, until smooth and creamy.

**GET MORE RECIPES FROM TESS’S 2 BOOKS:**
- **THE BLENDER GIRL**
- **THE BLENDER GIRL SMOOTHIES**

*And on our website at [www.frontiercoop.com](http://www.frontiercoop.com).*