

# WATKINS

Since 1868



TRADE MARK

## HOME BUSINESS OPPORTUNITY

# HISTORY IN THE MAKING™

Melody Thacker, Independent Watkins Consultant ID # 323239  
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<https://www.associatemelody.com/shop/>



Crafting Award-Winning Gourmet Flavors Since 1868.™

Canada



## Crafting Award-Winning Gourmet Flavors Since 1868.™

Dear Friends,

For 154 years, we have been producing only the finest natural products. All of us at The Watkins Company want to extend our heartfelt thanks for putting your trust in us. Just as our founder J.R. Watkins did when he started this great company in 1868, we strive to give you nothing but the best. Although there have been many changes throughout our long history, what remains a constant are the guiding principles listed below. More than a century ago, our founder called these the “Watkins Way”.

We are proud to carry on J.R. Watkins’ vision and continue to believe that his way, the Watkins Way, is what makes The Watkins Company and our products so special.

Thank you again for being a part of this 154 year old tradition.

Yours truly,

Mark Jacobs, CEO

- The WATKINS WAY**
- Based on our Founders Principles established over 100 years ago and our goal to be America's most trusted natural products company.**
- The Highest Quality**  
We source only the best ingredients worldwide to meet our premium quality standards.
  - The Best Value**  
We offer exceptional value for a premium, quality product.
  - The Neatest Package**  
We strive to provide a package that is authentic, stylish and convenient for our customers.
  - The Best Delivery**  
We aim to exceed our customers’ expectations.
  - The Sqaurest Terms**  
We promise to get it right or make it right.
  - The Fairest Treatment**  
We treat our customers, our employees and our partners with respect.
  - The Greatest Uniformity**  
We provide products that consistently meet our high standards.
  - The Strictest Integrity**  
We stick consistently with our values.
  - The First Ever Guarantee**  
We invented the money back guarantee in 1868.
- All of the above Points of Superiority make up THE WATKINS WAY, and you will agree that it is a good way.

### Our Commitment to Natural, Safe and Responsible products.

Watkins offers products that deliver a superior experience, using environmentally friendly and responsible ingredients and packaging.

#### Environmentally-responsible packaging.

We avoid excess packaging, and utilize recyclable, eco-friendly materials.

Look for the following seals on our products:



#### On the Cover :

Photo by Broken Oven Baking  
Recipe by Broken Oven Baking

Edible Funfetti Cookie Dough recipe is featured on page 7 of this catalog.



### All Natural Original Gourmet Baking Vanilla® ©

A. Made with the finest pure vanilla extract and blended with only natural ingredients, our Baking Vanilla is the same double-strength formula you’ve trusted for years—only now all natural! It has the same extra rich flavor that won’t bake out or freeze out, and does not contain any artificial colors or flavors.

31008 (11 fl oz/325 mL) **\$22.99 Value Size!**  
30390 (2 fl oz/59 mL) **\$7.49**

### Clear Vanilla Imitation Extract ©

C. Our famous formula provides gourmet flavor that does not bake or freeze out—without color. A baking staple ideal for any recipe that needs to be pure white like cakes, frostings, ice cream and more.

31007 (11 fl oz/325 mL) **\$12.99 Value Size!**  
30389 (2 fl oz/59 mL) **\$4.19**

### Pure Vanilla Extract ©

B. Did you know it takes nearly a pound of precious vanilla beans to make one gallon of vanilla extract? We source only the finest grade vanilla beans and age them to perfection following our time-honored process. Every bottle of this exquisite, 100% pure vanilla is expertly crafted to award-winning standards.

01012 (11 fl oz/325 mL) **\$39.99**  
21224 (4 fl oz/118 mL) **\$18.99**  
60387 (2 fl oz/59 mL) **\$11.99**  
60400 (1 fl oz/29 mL) **\$7.99**

Sourced from every corner of the world, Watkins has been bringing the finest ingredients to your kitchen for over 100 years. More than just delicious, our award-winning extracts and flavorings are Made in the USA, Non-GMO, and Gluten Free. Organic offerings too! They are perfect for desserts, drinks and more!





*Watkins has an extract size for your every need!*



### Gourmet Extracts and Flavorings, 118 mL and 325 mL

A. Enjoy your favorite extracts in larger size offerings. Perfect to have on-hand for those recipes you make often or in big batches!

#### (118 mL)

21225 Pure Almond @ **\$8.99**

21224 Pure Vanilla @ **\$18.99**

#### (325 mL)

01010 Butter @ **\$14.99**

01011 Pure Lemon @ **\$15.99**

21905 Coconut @ **\$17.49**

01015 Pure Almond @ **\$18.99**

01012 Pure Vanilla @ **\$39.99**



### Pure Extracts Ⓞ

B. Our pure extracts are made from natural oils, so they are free of artificial colors and flavors. For pure flavor, come to Watkins. (2 fl oz/59 mL)

60430 Pure Anise

60395 Pure Lemon

60437 Pure Mint

60392 Pure Orange

60394 Pure Peppermint

**\$5.49 each**

60391 Pure Almond

60368 Pure Cinnamon

60379 Pure Coffee

**\$6.49 each**

### Gourmet Extracts and Flavorings, 59 mL

C. These quality extracts and flavors are concentrated—and all backed by the same expertise that has made Watkins Vanilla the choice of generations. (2 fl oz/59 mL)

30389 Clear Vanilla Imitation Extract @ **\$4.19**

60431 Banana Ⓞ

60432 Butter Ⓞ

60433 Cherry Ⓞ

60435 Coconut Ⓞ

60436 Maple Ⓞ

60438 Raspberry Ⓞ

60439 Root Beer Ⓞ

60440 Rum Ⓞ

60441 Strawberry Ⓞ

**\$5.49 each**

60445 Caramel Ⓞ

60452 Pumpkin Spice Ⓞ

**\$6.49 each**

30390 All Natural Original Gourmet Baking Vanilla® @

**\$7.49**



### Organic Extracts Ⓞ

D. Made using only the finest organic ingredients, Watkins is committed to bringing natural and superior flavor to market with our Organic Extract Line in top extract flavors.

#### (59 mL)

30205 Organic Pure Orange

30206 Organic Pure Peppermint

**\$6.49 each**

30203 Organic Pure Almond **\$7.99**

30202 Organic Pure Lemon

30204 Organic Original Gourmet Baking Vanilla®

**\$8.99 each**

30200 Organic Pure Vanilla

30388 Organic Pure Vanilla Alcohol Free

**\$12.99 each**

#### (236 mL)

31220 Organic Pure Vanilla **\$34.99**

### Organic Pure Vanilla Bean Paste with Seeds Ⓞ

E. Our Organic Pure Vanilla Bean Paste delivers the same rich, classic flavor as Pure Vanilla Extract in a convenient paste formula. Perfect in white desserts where you want to highlight tiny vanilla bean flecks like ice cream, custards or milkshakes.

Replace 1 tsp/5 mL of paste for 1 tsp/5 mL traditional extracts or 1 tbsp/15 mL for one vanilla bean.

30398 Organic Pure Vanilla Bean Paste

(2 oz/56 g) **\$12.99**

### *Watkins Snickerdoodle Smoothie*

Looking for a sweet yet healthy treat? Give our snickerdoodle smoothie a try!

- 1 cup/250 mL unsweetened almond milk
- 1 frozen banana, chopped
- 1 date, chopped
- 1 tbsp/15 mL almond butter
- 1/4 tsp/1.25 mL **Watkins Organic Ground Cinnamon**
- 1/4 tsp/1.25 mL **Watkins All Natural Original Gourmet Baking Vanilla®**

*Add all ingredients to a blender and blend until smooth. Makes 1 serving.*





**NEW!**



A

### Decorating Sugars and Sprinkles®

A. Watkins decorating sugars and sprinkles are free from artificial dyes, making them the perfect partner for our Natural Food Coloring. Made with natural colorings, our sugars and sprinkles are vibrant without using FD&C colors.

#### Sugars

- 31703 Green (4.2 oz/121 g)
- 31704 Rainbow (4.6 oz/131 g)
- 31702 Red (4.7 oz/134 g)

**\$6.99 each**

#### Sprinkles

- 31701 Chocolate (3.5 oz/100 g)
- 31700 Rainbow (3.4 oz/98 g)
- 31708 Rainbow, Nonpareils (4.2 oz/120 g) — **NEW**

**\$6.99 each**



B



### Eco-Friendly Reusable Bag

B. Never use harmful plastic bags again! Instead, opt for this eco-friendly bag that can hold up to 20 pounds. It's perfect for the grocery store, a trip to the mall, a stop at the gym or even as an overnight bag.

09702 **\$6.99+**

• Plus GST/HST



C

### Natural Food Coloring

C. Derived from natural ingredients, our food coloring is free from artificial FD&C colors. Other dye free coloring options can involve fussy powders you need to mix, but our colors are easy-to-use liquids. Simply add drops of color to brighten up frostings, cakes and more. Gluten Free.

30350 Assorted: Red, Yellow, Green, Blue (4-8.9 mL Bottles) **\$10.99**

D



**NEW!**

### Nordic Ware Cookware—**NEW**

D. Like Watkins, Nordic Ware is a long-standing, family-owned Minnesota brand with great heritage. Trusted among baking and cooking enthusiasts, Nordic Ware will be a part of your family's meals and celebrations for years to come.

- 09801 Spatula Set, Small 2-piece **\$11.00**•
- 09807 Measuring Spoon Set **\$12.00**•\*
- 09803 Whisk, Large **\$15.00**•
- 09800 Cake Server **\$15.50**•
- 09806 Spatula Set, Large 2-piece **\$18.00**•
- 09802 Cookie Scoop, Large **\$23.00**•
- 09804 Classic Cookie Sheet **\$24.00**•
- 09808 Bundt Pan **\$28.00**•\*
- 09805 Muffin Pan **\$29.00**•

• Plus GST/HST

\* Coming Spring 2022



### Edible Funfetti Cookie Dough

Delicious, safe to eat funfetti cookie dough! This edible cookie dough is flavored with delicious vanilla extract and filled with fun rainbow sprinkles!

- 1-3/4 cups/430 mL all purpose flour (heat treated)\*
- 3/4 cup/180 mL (1-1/2 sticks) unsalted butter, room temperature
- 1 cup/250 mL sugar
- 1/2 tsp/2.5 mL salt
- 1 tbsp/15 mL **Watkins Organic Original Gourmet Baking Vanilla**®
- 1 tsp/5 mL milk (to preference)
- 1/2 cup/125 mL **Watkins Rainbow Decorating Sprinkles**

\*Heat-treat the flour either in the oven or the microwave and then let cool.

Oven: Preheat to 350°F/180°C. Measure flour into a small/medium pan and bake for 9-12 minutes or until it reaches a temperature of 160°F/71°C. Microwave: Measure flour into a microwave-safe bowl and heat for 1 minute. Check the temperature with a thermometer. Continue heating in 15 second intervals until it reaches 160°F/71°C.

In a large mixing bowl, cream together the butter, sugar, salt, and vanilla until light and fluffy (about 2 minutes).

If the heat-treated flour is clumpy, break it up with the back of a spoon. Then, sift it into the mixing bowl and mix well. Mix in the milk and add more until the dough is the texture you prefer.

Lastly, mix in the sprinkles. Store the edible funfetti cookie dough in the refrigerator for up to 1 week. Let it soften at room temperature before eating.

#### Tips:

- Nonpareils or decorating sugar is not recommended for this recipe, as the colors tend to bleed into the dough.
- This edible cookie dough can be added to other desserts like cakes, brownies and ice cream. Have fun with it!
- Feel free to mix other treats into this dough. (mini white chocolate chips, chocolate chunks, etc.)

Photo by Broken Oven Baking  
Recipe by Broken Oven Baking

Products may ship different than shown





A

NEW!



### 1868 Organic Grilling

The bold flavors of the Northwoods of Minnesota run as deep as the Great Lakes themselves. The Watkins Co. brings the authentic seasonings of the true north to your kitchen or grill, just as we have for more than 150 years.

### 1868 Organic Grilling Seasonings

A-B. Our 1868 Organic Grilling Seasonings bring out the best in whatever you are grilling. From chicken to steak to vegetables, our twist on classic notes of sea salt, garlic, pepper and more are sure to please.

- 31674 Buttery Herb Seasoning (3.3 oz/93 g) — NEW\*
- 31656 Chicken Seasoning (3.2 oz/90 g)
- 31672 Chili Lime Seasoning (3.7 oz/105 g) — NEW\*
- 31658 Garlic & Herb Seasoning (2.9 oz/83 g)
- 31657 Hamburger Seasoning (3.6 oz/104 g)
- 31673 Spiced Maple Seasoning (4.2 oz/120 g) — NEW\*
- 31655 Steak Seasoning (3.5 oz/100 g)

\$6.99 each

\* Coming Spring 2022

#### Watkins Grilling Seasonings and Rubs

Use 1-2 tablespoons to season 1 pound of meat, seafood or vegetables. If desired, rub cooking oil onto meat before seasoning.

#### Watkins Grilling Marinade

- 1/4 cup/60 mL oil
- 2 tbsp/30 mL water
- 2 tbsp/30 mL white vinegar

**1 packet Watkins Organic Grilling Marinade**  
2 pounds/900 g chicken, beef or shrimp

Combine oil, water and vinegar with marinade packet in a resealable bag or a covered bowl. Add meat of choice. Refrigerate 15 to 30 minutes, remove meat and discard remaining marinade. Grill or pan fry until fully cooked.

**Quick Tip:** For faster cooking and more flavor, dice meat before marinating and use remaining marinade to pan fry.

B

NEW!



Products may ship different than shown



C

NEW!



### 1868 Organic Grilling Marinades

C. These blends lend a Northwoods layer of flavor to your favorite seafoods, meats and vegetables.

- 30721 Chili Lime Marinade (1.06 oz/30 g)
- 30727 Garlic & Herb Marinade (1.25 oz/35 g) — NEW\*
- 30720 Spiced Maple Marinade (1.25 oz/35 g)

\$2.99 each

\* Coming Spring 2022

### 1868 Organic Grilling Rubs

D. Sweet and smoked flavors come together in our 1868 Organic Grilling Rubs. These blends of seasonings and spices bring sweet, smoked and savory flavors together to flavor poultry, beef, pork and more.

- 31659 Smoked Maple Rub (3.8 oz/108 g)
- 31660 Sweet & Savory Rub (3.6 oz/104 g)

\$6.99 each

D



### Watkins Grilled Maple-Glazed Pork Chops

Bringing classic bold flavors to your plate (and grill!) This marinade adds authentic flavor and a savory history to pork chops...or any recipe!

4-6 thick-cut pork chops, bone in or boneless

**For the marinade and glaze**  
2 packages **Watkins Organic Grilling Spiced Maple Marinade**

- 1/2 cup/125 mL cooking oil
- 1/4 cup/60 mL honey
- 4 tbsp/60 mL water
- 3 tbsp/45 mL white vinegar

In a small mixing bowl, whisk together all marinade ingredients. Divide equally and set aside half the mixture at room temperature.

Place pork chops in a zip-top bag and cover with the remaining half of the marinade. Remove as much air as possible from the bag, massage marinade into meat, and place on a plate to prevent leaks. Place chops in refrigerator for 30 minutes or up to 4 hours.

Light your grill and set up for two-zone cooking. Establish grill temperature between 225°F/107°C and 250°F/121°C.

Remove pork chops from the bag, and discard any marinade that has touched the pork. Place chops on your preheated grill over indirect heat. Close lid and allow pork chops to cook until internal temperature reaches 130°F/54°C. Remove pork from grill and stoke coals to create high direct heat.

Place pork chops over high direct heat, flipping every 20-30 seconds in order to create a perfect crust. Remove pork chops from the grill when they are five degrees less than desired eating temperature.

Brush hot pork chops with warm marinade that was set aside, and allow them to rest for 5 minutes.

Plate pork chops and drizzle with remaining marinade, as desired, for serving.

Recipe by Grill Seeker





A



### Organic Spices ®

A. From our 1928 Gold Medal-winning performance at the International Exposition in Paris through today, The Watkins Co. brings you the very best spices from around the world. Sourced from the highest quality organic herbs and spices, our Organic Spice Line brings your cooking to life.

- 31662 Ground Coriander (2.0 oz/57 g) **\$5.99** — **NEW**
- 31601 Bay Leaves (0.17 oz/4.9 g)
- 31603 Chili Powder (2.9 oz/85 g)
- 31653 Chives (0.2 oz/5 g)
- 31604 Cilantro Leaves (0.63 oz/18 g)
- 31605 Ground Cinnamon (2.5 oz/71 g)
- 31621 Cinnamon Sticks (1.2 oz/34 g) — **NEW\*\***
- 31607 Ground Cumin (2.8 oz/82 g) — **NEW\*\***
- 31622 Curry Powder (2.6 oz/74 g)
- 31623 Dill Weed (0.78 oz/22 g)
- 31630 Fine Himalayan Pink Salt (5.7 oz/163 g)\*
- 31610 Onion Powder (2.8 oz/82 g)
- 31611 Oregano Leaves (0.77 oz/22 g)
- 31614 Crushed Red Pepper (1.6 oz/48 g)
- 31635 Rosemary (1.4 oz/42 g) — **NEW\*\***
- 31627 Rubbed Sage (0.70 oz/20 g) — **NEW**
- 31615 Thyme Leaves (1.26 oz/36 g)

**\$6.49 each**

- 31619 Basil Leaves (0.71 oz/20 g)
- 31602 Ground Black Pepper (2.8 oz/80 g)
- 31663 Cream of Tartar (4.4 oz/125 g) — **NEW\***
- 31671 Minced Onion (2.2 oz/63 g) — **NEW\*\***
- 31613 Parsley Flakes (0.59 oz/17 g)
- 31629 Ground Turmeric (2.4 oz/70 g)

**\$6.99 each**

- 31608 Garlic Powder (3.1 oz/90 g)
- 31624 Garlic Salt (4.9 oz/141 g)
- 31625 Ground Ginger (2.0 oz/58 g)
- 31612 Paprika (2.9 oz/85 g)
- \$7.49 each**
- 31639 Whole Black Peppercorns (2.6 oz/75 g)
- 31670 Minced Garlic (3.3 oz/95 g) — **NEW\*\***
- 31668 Poppy Seeds (2.9 oz/83 g) — **NEW\*\***
- 31628 Sesame Seeds 2.8 oz/80 g) — **NEW\*\***
- 31637 Smoked Paprika (2.4 oz/68 g) — **NEW\*\***

**\$7.99 each**

- 31606 Ground Cloves (2.4 oz/69 g) — **NEW\*\***
- 31643 Whole Cloves (1.5 oz/42 g) — **NEW**
- 31609 Ground Nutmeg (2.8 oz/82 g) — **NEW**

**\$8.99 each**

\* Organic Claim not applicable

\*\* Coming Spring 2022

In 1928, Watkins was awarded the Gold Medal-Grand Prize at the 1928 Paris International Exposition for outstanding Vanilla Extract, Pepper and Cinnamon.

**NEW!**

B



### Organic Seasoning Blends ®

B. Handcrafted to deliver all the superior flavor you expect from Watkins, our organic blends enhance any dish you create. Our highest quality is only a dash, sprinkle or shake away!

- 31634 Italian Seasoning (1.1 oz/30 g)
- 31661 Garlic Herb Seasoning (2.9 oz/83 g) — **NEW**
- 31631 Seasonings with Salt (4.2 oz/120 g)

**\$6.99 each**

- 31651 Cajun Seasoning (2.3 oz/65 g)
- 31636 Everything Bagel Sesame Seasoning Blend (3.0 oz/85 g)
- 31669 Za'atar Seasoning (2.6 oz/73 g) — **NEW\*\***

**\$7.49 each**

- 31633 All Purpose Seasoning Salt-Free (2.7 oz/78 g)
- 31646 Chai Powder (4.0 oz/113 g)
- 31667 Herbes de Provence (0.74 oz/21 g) — **NEW\*\***
- 31649 Potato Salad Seasoning (4.1 oz/116 g)

**\$7.99 each**

- 31644 Adobo Seasoning (4.1 oz/116 g)
- 31648 Garam Masala Blend (2.6 oz/75 g)
- 31641 IPA Seasoning (3.6 oz/102 g)

**\$8.99 each**

- 31645 Harissa Seasoning (2.5 oz/70 g) **\$9.99**
- 31647 Vanilla Powder (3.4 oz/96 g) **\$15.99**

\*\* Coming Spring 2022

### Spice it Up!

**Adobo Seasoning** - An all-purpose blend often found in Latin dishes. It combines salt, paprika, garlic and onion with lemon and turmeric to elevate any dish. Use in your favorite recipe or keep tableside for added flavor. Rub on meats before grilling, add to oil or vinegar to create a marinade or sprinkle on vegetables.

**Chai Powder** - With a taste originating in India, this traditional blend of cinnamon, black tea and vanilla lends a warm, spicy flavor to hot milk or tea, but has many uses beyond that. Try it in pancake batter, oatmeal, ice cream or cookie dough.

**Everything Bagel Sesame Seasoning Blend** This checks off all the senses: colorful, aromatic, crunchy and textured. Sprinkle on salads, eggs and toast. Use as a topper for cucumbers, green beans, cottage cheese. Perfect to mix into dips or anywhere you want extra flavor and crunch.

**Garam Masala Blend** - This blend layers heat with nutmeg and cinnamon for a robust flavor. Traditionally used in Indian cuisine, it is perfect for everything from a meat rub to curries.

**Harissa Seasoning** - This bold smoky and sweet blend originates from North Africa and is traditionally found in Middle Eastern cuisine. It combines the heat of ancho chili powder with the savory notes of cumin and paprika. Add to stews, rub on meats or add to hummus.

**IPA Seasoning** - Not too sweet and just a bit spicy. This is an all-purpose seasoning with the classic hops and citrus flavors of an Indian Pale Ale. Bright notes of lemon and orange blend with savory garlic and onion to bring a flavor that is perfect for grilling chicken, beef, or pork.

**Vanilla Powder** - Bring a sweet touch to your favorite hot beverage or dessert with this flavorful powder. Our blend of vanilla beans and sugar is perfect for coffee, tea, warm milk or milkshakes.

**Za'atar Seasoning** - This combines spices, sumac, sesame seed and salt for a layered and savory flavor. Top hummus, add to olive oil, use as a dry rub for chicken, or use anywhere for extra flavor.





### Organic Grinders

A. The full flavors of freshly ground pepper, salt and organic spices are only a twist away. Our adjustable grinder is pretty enough to sit table-side and lets you tailor the coarseness to your taste, ensuring you enjoy the richest of Watkins Organic seasonings with every turn.

31683 Mediterranean Sea Salt\*  
(5.3 oz/150 g) **\$7.99**

31685 Garlic Peppercorn (2.7 oz/79 g)  
31684 Garlic Salt (4.3 oz/123 g)

**\$8.99 each**

31681 Black Peppercorn (2.6 oz/75 g) **\$9.99**

\* Organic Claim not applicable

### Rotating Metal Spice Rack

C. Free up cupboard space and display your Watkins spices where they can be seen! Complement any kitchen décor with this custom chrome plated wire rack that holds up to 16 Organic Spice Bottles or Grinders. Spices sold separately.

16608 (Spices not included) **\$39.98**

+ Plus GST/HST



### Organic Pepper Blends

B. Our Gold Medal-winning Black Pepper is blended with the highest quality herbs and spices to bring superior flavor to your cooking and grilling. These blends are versatile and bold.

31616 Lemon Pepper Blend (3.6 oz/104 g)  
31618 Seafood & Poultry Seasoning (3.3 oz/94 g)  
31617 Steak Seasoning (3.3 oz/94 g)

**\$7.49 each**



### Pure Ground Black Pepper

D. We select only the finest sources of premium-grade, top-quality peppercorns with high essential oil content. Experience the Gold Medal-winning taste of the most flavorful pepper on the market.

00581 (4 oz/113 g) **\$7.99**  
01140 (6 oz/170 g) **\$12.99**  
01141 (12 oz/340 g) **\$22.49**

### Pure Ground Cinnamon

E. Our award-winning cinnamon has been a part of family rituals for more than 100 years. Watkins cinnamon is made of premium cassia cinnamon with high essential oils.

01115 (6 oz/170 g) **\$10.99**



### Watkins Coffee Spice Cake

This treat is a classic from our well-loved Blue Cookbook. Delicious then and still delicious now!

#### Cake

2 cups/500 mL flour, sifted  
4 tsp/20 mL baking powder  
1/2 tsp/2.5 mL salt  
1/2 cup/125 mL sugar  
2 eggs, well beaten  
4 tbsp/60 mL butter  
3/4 cup/180 mL milk  
1/4 tsp/1.25 mL **Watkins Pure Ground Cinnamon**  
1/4 tsp/1.25 mL **Watkins Organic Nutmeg**  
1 tsp/5 mL **Watkins All Natural Original Gourmet Baking Vanilla**

Preheat oven to 375°F/190°C

In one bowl, sift the flour, baking powder, salt and sugar together. In another bowl, beat the eggs and add melted butter, cinnamon, nutmeg and vanilla. Slowly add and stir the sifted dry ingredients into the wet ingredients, alternating with the milk. Pour into lightly greased loaf pan or square pan.

Blend topping ingredients of flour, sugar, butter, cinnamon and vanilla together. Chopped nuts may be added, if desired. Spread streusel topping over the cake batter. Bake approximately 25 minutes.

#### Topping

1 tbsp/15 mL flour  
1/4 cup/60 mL plus 2 tbsp/30 mL brown sugar  
1-1/2 tsp/7.5 mL butter, melted  
1/2 tsp/2.5 mL **Watkins Pure Ground Cinnamon**  
1 tsp/5 mL **Watkins All Natural Original Gourmet Baking Vanilla**  
1/2 cup/125 mL chopped nuts, optional

Products may ship different than shown





NEW!

Add flavor to your favorite snack!



### Organic Popcorn Seasonings <sup>®</sup>D—NEW

A. Classic and savory flavors blend perfectly to bring a new layer of taste to your favorite snack! Now all you need to do is choose the movie!

**Butter/Salt** - Adds the taste of rich and creamy butter with a pinch of salt to your favorite popcorn. Use on veggies, potatoes, cornbread muffins and steak.

**Ranch** - Adds the taste of creamy buttermilk blended with a mix of flavorful herbs and spices to your popcorn. Use on french fries, baked potatoes, pasta and chicken.

**White Cheddar** - Adds mild, creamy, and smooth cheddar cheese goodness to your popcorn bowl. Use on veggies, pasta, soft-baked pretzels/breadsticks and homemade snack mix.

- 31665 Butter/Salt (5.3 oz/150 g)
- 31666 Ranch (3.6 oz/102 g)
- 31664 White Cheddar (3.3 oz/93 g)

\$5.99 each



Prepare popcorn according to package instructions (stovetop, microwave or air-popped). For best results (to help the seasoning stick), spray popcorn with **Watkins Organic Canola Oil Cooking Spray** or toss popcorn with a small amount of cooking oil. Season popcorn with your choice of **Watkins Organic Popcorn Seasoning**, toss to coat evenly and serve.

*Quick Tips—  
Try This!*

Add in some of your other favorite Watkins Organic Seasonings.

Kick it up with **Watkins Organic Adobo, Cajun or Harissa Seasoning**.

Sweeten it up by adding **Watkins Organic Vanilla or Chai Powder**.

Savor it up by topping with **Watkins Organic Smoked Paprika or Spiced Maple Seasoning**.

Pucker it up by shaking on **Watkins Organic Dill Weed or Lemon Pepper Blend**.

Products may ship different than shown



B



### Organic Gourmet Dip Mixes <sup>®</sup>

B. Bring classic blends of organic spices and herbs into the kitchen to create your own rich and savory gourmet dips, spreads and more with Watkins Organic Dip Mixes. These convenient no-measure, one-time use pouches are USDA Organic Certified and Non-GMO Project Verified. Purchase in a quantity of 12 eaches, same flavor, to receive a display box for convenient organization (shown below).

- 36708 Organic Cucumber & Dill (0.95 oz/27 g)
- 36709 Organic Garlic & Dill (0.74 oz/21 g)
- 36704 Organic Guacamole (0.63 oz/18 g)
- 36707 Organic Onion (1.0 oz/28 g)
- 36706 Organic Ranch (0.71 oz/20 g)
- 36705 Organic Salsa & Sour Cream (1.23 oz/35 g)

\$2.99 each



C



### Organic Salad Dressing Mixes

C. Now make your favorite salad dressings at home! Enjoy a cool and creamy Ranch Dressing or a zesty Italian in the same convenient no-measure, one-time use pouches you have come to expect from Watkins. USDA Organic Certified and Non-GMO Project Verified. Purchase in a quantity of 12 eaches, same flavor, to receive a display box for convenient organization (shown below).

- 30719 Organic Italian <sup>®</sup> (0.85 oz/24 g)
- 30718 Organic Ranch <sup>®</sup> (0.85 oz/24 g)

(Non-GMO claim not applicable)  
\$2.59 each







### Organic Gourmet Seasoning Mixes

A-B. Gourmet meals are made simple with Watkins Organic Gourmet Seasoning Mix pouches. These convenient no-measure, one-time use pouches ensure you have the perfect recipe every time. USDA Organic Certified and Non-GMO Project Verified.

Purchase in a quantity of 12 eaches, same flavor (Country Gravy Tray in quantities of 6 each) to receive a display box for convenient organization (not shown).

- 30692 Organic Chili Seasoning @ (1.25 oz/35 g)
- 30722 Organic Chili Mild Seasoning (1.25 oz/35 g) — **NEW**
- 30695 Organic Fajita Seasoning @ (1.02 oz/29 g)
- 30690 Organic Taco Seasoning @ (1.0 oz/28 g)
- 30716 Organic Taco Mild Seasoning @ (1.0 oz/28 g)
- 30717 Organic Taco Reduced Sodium Seasoning @ (1.0 oz/28 g)

**\$2.49 each**

- 30714 Organic Brown Gravy (0.85 oz/24 g) **\$2.79**
- 30712 Organic Country Gravy @ (2.82 oz/80 g) **\$3.89**  
(Non-GMO claim not applicable)



*Simple, cozy dishes we know and love!*

**NEW!**



### Family Favorites Organic Gourmet Seasoning Mixes — **NEW**

C. Wondering what to make for dinner? Introducing Family Favorites seasoning mixes to Watkins. Beef Stew, Pot Roast, Meatloaf or Au Jus Gravy — one of these is sure to be a hit. And because they are masterfully blended mixes, you get a perfectly seasoned entree each time. No need to worry if you have paprika, molasses, that clove of garlic or an onion in the pantry. These seasoning packets have all the spices, herbs and flavoring ingredients included. No chopping, dicing, or mincing required!

Purchase in a quantity of 12 eaches, same flavor, to receive a display box (not shown).

- 30724 Organic Beef Stew (1.5 oz/42 g) — **NEW**
- 30726 Organic Meatloaf @ (1.5 oz/42 g) — **NEW**
- 30725 Organic Pot Roast (1.3 oz/36 g) — **NEW**
- \$2.69 each**
- 30723 Organic Au Jus Gravy (1.0 oz/28 g) **\$2.79** — **NEW**

#### Au Jus Gravy



Exactly what you need to make a savory, rich and meaty dipping sauce for the left-over roast beef from Sunday dinner now piled high on a hoagie roll. Quick, delicious, and so easy....no need to make it from scratch.

#### Meatloaf



A delicious combination of organic toasted minced onion, paprika, tamari soy sauce, sea salt, garlic, molasses, and the slight tanginess of tomato with a hint of vinegar. This blend makes each bite of meatloaf so flavorful. Serving Suggestion: For a fun twist on a family favorite, make individual loaves using a muffin tin!

#### Beef Stew



A masterful combo of organic onion, salt, garlic, tamari soy sauce, paprika and beef flavor. This seasoning mix creates a wonderfully rich and flavorful stew beef and vegetables.

#### Pot Roast



A perfect blend of organic toasted minced onion, garlic, beef flavor, red pepper, mushroom, and tomato to season the roast. The seasoning infuses with the meat and vegetables while cooking, creating a wonderfully aromatic and delicious meal.



Products may ship different than shown



A



NON-AEROSOL  
PROPELLANT FREE

### Organic Canola Oil Cooking Spray

A. Our Organic Canola Oil is formulated to be versatile and complement your cooking. Canola Oil is perfect for traditional, non-stick cooking uses.

31041 (5 fl oz/150 mL) **\$7.99**



B



### Family Size Soup and Gravy Bases

B. Whip up delicious stocks, gravies and sauces with ease. Wholesome ingredients provide homemade flavor without the expense of canned soups and saltiness of bouillon cubes.

31864 Beef (19.0 oz/540 g)

31865 Chicken (19.0 oz/540 g)

**\$18.98 each**

## REMEDIES by J.R. Watkins



### Hand Creams

C. Natural shea and cocoa butters are whipped together with more than 10 natural oils and extracts to protect, soothe and condition delicate skin. This 96–98% natural moisturizer is ideal for rough areas (such as hands and feet) or for use as an all-over body moisturizer. (3.3 oz/95 g)

40509 Lemon Cream

40511 Coconut & Honey

40508 Lavender

40507 Aloe & Green Tea

**\$13.99• each**

### Foaming Hand Soaps

D. The moisturizing foam in these premium hand soaps gently cleanses the skin, while classic fragrances leave hands smelling fresh. (9 fl oz/266 mL)

104622 Lemon

20623 Aloe & Green Tea

104621 Lavender

104624 Ocean Breeze

20629 Vanilla Mint

**\$7.49• each**

### Gel Liquid Hand Soaps

E. Formulated with premium natural ingredients, these hardworking soaps will leave hands exceptionally clean and smooth. (11 fl oz/325 mL)

104634 Lemon

104633 Lavender

104636 Ocean Breeze

**\$7.49• each**



*"Lemon without the calories...hand cream smells just like lemon pie. It smells delicious and works great and I love how my hands feel."*  
Victoria, British Columbia

• Plus GST/HST

Products may ship different than shown



*Find relief with  
J.R. Watkins*



### Menthol Camphor Relief Mist

A. Diffuse a penetrating blend of menthol, eucalyptus and camphor into the air, and let the vapors of this 98% natural mix help you breathe—especially during cold season. Each bottle contains over 600 sprays.

32340 (118 mL) **\$13.99**•

### Pain Relieving Liniment Spray

B. The natural pain-relieving properties of camphor are blended with the penetrating power of menthol to create a convenient, fast-acting spray that is 99% natural. Sore muscles and arthritis pain have met their match!

32350 (118 mL/4 fl oz) **\$13.99**•

### Medicated Ointment

C. This cooling product helps relieve the congested feeling of a chest cold and suppresses the accompanying cough. The rub also provides temporary relief of arthritic and rheumatic pain, backache, sprains, strains, lumbago and bruises.

36614 (117 g) **\$13.99**•

### Petro-Carbo First Aid Salve

D. A staple for every medicine cabinet and first aid kit, this versatile product made from carbolic acid and botanicals relieves pain and itching associated with minor cuts, scrapes, burns, skin irritations and insect bites.

36618 (124 g) **\$18.99**•

### Pain Relieving Liniment

E. J.R. Watkins first product is a one-of-a-kind pain reliever made from camphor and capsicum. This natural formula absorbs quickly to ease the discomfort caused by minor muscle aches and stiffness.

32317 (11 fl oz/325 mL) **\$17.99**•

### Deep Muscle Warming Balm

F. Wintergreen extract (natural menthyl salicylate), menthol, and capsaicin join forces to warm muscles naturally. The greaseless formula is 99% natural, and it penetrates quickly to relieve muscle aches and minor arthritis.

32311 (93.6 g) **\$12.49**•

### White Cream Liniment

G. This creamy lotion uses evergreen-based counterirritants to provide temporary relief from arthritic pain and muscle soreness caused by exertion.

32316 (325 mL) **\$19.99**•



*"I have all of the J.R. Watkins liniments and creams on hand to use on family members. We all have our favorites."  
Watkins Customer, Janette*

• Plus GST/HST

Products may ship different than shown

# GREAT OUTDOORS™ Insect Repellent

A



D-E



## Great Outdoors™ Insect Repellents

These repellents protect outdoor-loving customers from insects and their painful bites. They provide a long-lasting defense against mosquitoes, ticks, blackflies and other pests, so you and your family can enjoy the Great Outdoors!

### Maximum Defense

High-levels of the active ingredient, DEET, provide long-lasting protection from a wide range of pesky insects. Up to 6 hours of protection. For adults and children over the age of 12.

#### 30% DEET Lotion

A. The non-greasy, skin-friendly lotion with a mild scent provides maximum protection.

- 450007 (45 mL) **\$7.49**•
- 450009 (80 mL) **\$11.49**•
- 450006 (240 mL) **\$17.99**•

#### 25% DEET Aerosol Spray

B. Long-lasting protection in a convenient aerosol spray.

- 450003 (175 g) **\$17.99**•

#### 30% DEET Pump Spray

C. Maximum protection in an easy-to-use, no-mess pump spray.

- 450004 (150 mL) **\$13.99**•

B-C



## Family Defense

Keep your whole family bug-free! Formulated to provide protection for shorter amounts of time outdoors. Choose the kid-safe formula that's right for your family as you enjoy the Great Outdoors!

#### 5% DEET Pump Spray

- D. 450005 (150 mL) **\$12.49**•

#### 7.5% DEET Pump Spray

- E. 450002 (200 mL) **\$13.99**•

#### 20% Icaridin Pump Spray

F. The active ingredient, Icaridin, offers an alternative to DEET along with longer-lasting 12 hour protection from mosquitoes and ticks. The no-mess pump spray formula is safe for children over 6 months old.

- 450013 (100 mL) **\$12.49**•
- 450014 (200 mL) **\$16.99**•

F



• Plus GST/HST

Products may ship different than shown



Melody Thacker  
Independent Watkins Consultant

Call no charge: 1-866-452-6948  
<https://www.associatemelody.com/shop/>



### Consider Starting Your Own Watkins Home Business

*"By committing to a simple rule, using the products yourself and telling the Watkins story when it's appropriate, we have enjoyed the freedom of working together from our home; traveled to wonderful places; made friends all over the U.S. and Canada; had our part-time business idea become our primary income and, most importantly, felt the joy of knowing that we have also been able to help make positive differences in the lives of many others."*

- Barb & Clem Birch  
Independent Watkins Executives

*"As an emergency ICU nurse, I was always at my employer's beck and call. Now I control my income and when and where I work. I've been able to provide for my three daughters over the last 25 years and be there for all their big events. I love helping others achieve their goals and dreams by using and sharing Watkins products. It truly is what makes Watkins so special, as this is a doable business for anyone who wants it badly enough."*

- Dawn Thompson  
Independent Watkins Executive

*"The Watkins home business is unmatched. Besides enjoying great products, it's also about having fun, helping friends, creating wealth, and reaching dreams. My efforts allowed me to be a work-from-home dad. From the time my daughter was born—she never had to go to daycare or after-school babysitters. Now she's in college and I have the flexibility to work on my hobbies while I earn income from my Watkins business. Talk to the person who gave you this catalog about reaching your dreams too."*

- Jerry Fochtman  
Independent Watkins Executive



## Yes, You Can Earn Income as a Watkins Consultant

At long last, here's something you can do from home in as little as a few hours a week that is respected, sensible, risk-free, and yes... Fun! You will feel good about it since you'll be helping other people enjoy happier, healthier, more wholesome lives while also helping yourself. Earn income while laughing with old friends, making new friends, and having a ball. Get support and encouragement from successful people who build you up. Do as much or as little as you want at any point. It's the "perfect fit" that just "feels right" to so many people.

Ask the Consultant who gave you this catalog for more info. Learn how easy it is for you to get started!

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