

WATKINS

Since 1868



TRADE MARK

**HOME BUSINESS
OPPORTUNITY**

Flavor every MOMENT



Canada

Crafting Award-Winning Gourmet Flavors Since 1868.™

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Crafting Award-Winning Gourmet Flavors Since 1868.™

Dear Friends,

Watkins founder J.R. Watkins started this great company 155 years ago in 1868. By finding salespeople committed to excellent customer service and combining that with an offering of the highest quality products, he grew Watkins into a household name with a sterling reputation. That same principle of top-notch personalized customer service along with a commitment to the highest quality product offering is going strong today. There will always be something special in having a real person listen to our preferences, share recipes, and provide us with usage tips. This ultimately gives us and our loved ones an all-around better and more fulfilling experience.

The person who gave you this catalog is a Watkins Independent Consultant who is helping to carry on the tradition J.R. Watkins started in 1868. If you are excited about Watkins high quality products and rich history, ask your Consultant about joining her or his team. With a nominal membership fee, you too can get started and be part of their team.

We are proud to carry on J.R. Watkins' vision and continue to follow the guiding principles he outlined more than a century ago when he wrote "The Watkins Way." It's what makes The Watkins Company and our delicious products so special. Thank you for being a part of our rich 155-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 Squarest 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 :

Upgrade your favorite waffle recipe!

Simply add one teaspoon of **Watkins All Natural Original Gourmet Baking Vanilla®** to your favorite waffle batter, top with some fresh blueberries and a bit of toasted granola. Feel free to add a pinch of **Watkins Organic Ground Cinnamon** too. You'll soon have a new favorite way to kick off your mornings!

Gourmet Extracts & Flavorings

Watkins has an extract size for your every need!



Gourmet Extracts and Flavorings

Enjoy your favorite extracts in larger size offerings.

118 mL

- 21225 Pure Almond ©
- 21224 Pure Vanilla ©

236 mL

- 21200 Pure Vanilla © — **NEW***

325 mL

- 31008 All Natural Original Gourmet Baking Vanilla® ©
- 01010 Butter ©D
- 31007 Clear Vanilla Imitation Extract ©
- 21905 Coconut ©
- 01015 Pure Almond ©
- 01011 Pure Lemon ©
- 01012 Pure Vanilla ©



Pure Extracts ©

Our pure extracts are free of artificial colors and flavors. For pure flavor, come to Watkins. (2 fl oz/59 mL)

- 60391 Pure Almond
- 60430 Pure Anise
- 60368 Pure Cinnamon
- 60379 Pure Coffee
- 60395 Pure Lemon
- 60437 Pure Mint
- 60392 Pure Orange
- 60394 Pure Peppermint
- 60387 Pure Vanilla

Gourmet Extracts and Flavorings

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)

- 30390 All Natural Original Gourmet Baking Vanilla® ©
- 60431 Banana ©
- 60432 Butter ©D
- 60445 Caramel ©
- 60433 Cherry ©
- 30389 Clear Vanilla Imitation Extract ©
- 60435 Coconut ©
- 60436 Maple ©
- 60452 Pumpkin Spice ©
- 60438 Raspberry ©
- 60439 Root Beer ©
- 60440 Rum ©
- 60441 Strawberry ©

* Coming Spring 2023

Organic Extracts

Organic Extracts [®]

Watkins is committed to bringing natural and superior flavor to market with our Organic Extract Line.

59 mL

- 30204 Organic Original Gourmet Baking Vanilla[®]
- 30203 Organic Pure Almond
- 30202 Organic Pure Lemon
- 30205 Organic Pure Orange
- 30206 Organic Pure Peppermint
- 30200 Organic Pure Vanilla
- 30388 Organic Pure Vanilla Alcohol Free

236 mL

- 31220 Organic Pure Vanilla

Organic Pure Vanilla Bean Paste with Seeds [®]

Our Organic Pure Vanilla Bean Paste delivers the same rich, classic flavor as Pure Vanilla Extract in a convenient paste formula. 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)

Watkins Cool Peppermint Chocolate Smoothie

- 1-1/2 cups/375 mL unsweetened coconut or almond milk
- Half an avocado (barely ripe) or banana
- 2 tbsp/30 mL unsweetened cocoa powder
- 1 tbsp/15 mL maple syrup
- 2 tsp/10 mL **Watkins Organic Pure Peppermint Extract**
- 2 cups/500 mL ice
- 2 tbsp/30 mL whipped cream, optional
- Sprig of fresh mint, optional

Add the first 5 ingredients (everything except the ice) to a blender. Cover and blend on high for 45 seconds, or until smooth. Add the ice. Cover and blend on high 15-20 seconds, using the tamper to press the ice down into the blades. Pour into glasses. Top with whipped cream and mint garnish, if desired. Serve immediately. Makes 2 servings.



Dye-Free Decorating



Decorating Sugars and Sprinkles [®]

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

Sugars

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

Sprinkles

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



Natural Food Coloring

Our colors are easy-to-use liquids naturally free from artificial FD&C colors. 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)



Nordic Ware Cookware



Nordic Ware Cookware

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 part of our family's meals and celebrations for years to come.

Baking Pans

- 09808 Bundt Pan
- 09804 Cookie Sheet, Large
- 09805 Muffin Pan

Kitchen Tools

- 09800 Cake/Pie Server
- 09802 Cookie Scoop, Large
- 09807 Measuring Spoon Set
- 09806 Spatula Set, Large 2-piece
- 09801 Spatula Set, Small 2-piece
- 09803 Whisk, Large



Watkins Slime

Fun in the kitchen isn't always about eating....grab the kids and try our dye-free slime recipe made with all natural Watkins Food Coloring.

- 4 fl. oz/120 mL school glue
 - 1/2 tsp/7 mL baking soda
 - 1 tsp/15 mL contact lens solution
- Watkins Natural Food Coloring**, color of choice

Pour school glue into a small mixing bowl. Add baking soda to the glue and stir until combined. Add a few drops of food coloring to mixture and stir. Continue until the mixture is your desired color. Add contact lens solution to the mixture and stir until it becomes a harder consistency. Once the slime forms a ball in the bowl, the slime is ready! Tip: For a less sticky slime, add an extra 1/4 tsp/4 mL of contact lens solution to the slime mixture.



1868 Organic Grilling



1868 Organic Grilling Seasonings

Our 1868 Organic Grilling Seasonings bring out the best in whatever you are grilling.

- 31674 Buttery Herb Seasoning Ⓢ (3.3 oz/93 g)
- 31656 Chicken Seasoning Ⓢ (3.2 oz/90 g)
- 31672 Chili Lime Seasoning Ⓢ (3.7 oz/105 g)
- 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)
- 31655 Steak Seasoning Ⓢ (3.5 oz/100 g)

NEW Salt-Free Offerings*

- 31679 Salt-Free Chicken Seasoning Ⓢ (2.6 oz/76 g)
- 31686 Salt-Free Garlic & Herb Seasoning Ⓢ (2.3 oz/67 g)
- 31687 Salt-Free Steak Seasoning Ⓢ (2.6 oz/75 g)

* Coming Spring 2023

Watkins Elote-style Street Corn

Add a twist of chili and lime to your next BBQ!

- 6 medium fresh ears of corn
- 1/2 cup/125 mL mayonnaise
- 1/2 cup/125 mL crema or sour cream
- 2 tbsp/30 mL lime juice
- 1 tsp/5 mL Watkins 1868 Organic Grilling Chili Lime Seasoning
- 1 cup/250 mL crumbled cotija cheese
- 1 lime, cut in wedges

Remove the husks and silk from corn, but keep stalk end attached. Heat grill to high. Whisk mayonnaise, crema/sour cream and lime juice into a sauce in a medium size bowl. Grill the corn uncovered for 2-3 minutes per side, for a total of 12-15 minutes. The kernels should be bright yellow and a few should be charred from the grill. Let corn cool for 3-5 minutes on a platter. Drizzle cobs with the sauce. Sprinkle with cheese and chili lime seasoning. Serve with wedges of fresh lime.



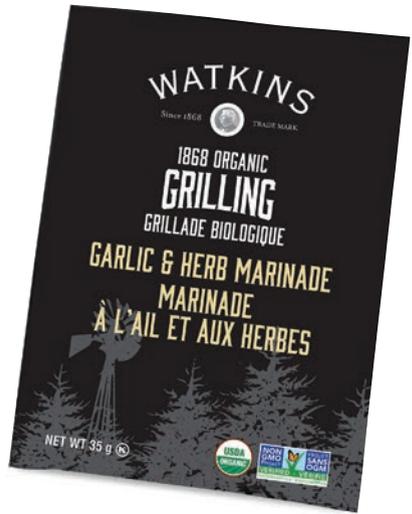
1868 Organic Grilling



Watkins Chili Lime Grilled Shrimp

- 2 pounds /908 g shrimp
- 1 package **Watkins 1868 Organic Grilling Chili Lime Marinade**
- 1/4 cup/60 mL cooking oil
- 2 tbsp/30 mL white vinegar
- 2 tbsp/30 mL water

Combine marinade mix with cooking oil, water and white vinegar in a resealable bag or covered bowl. Add shrimp and refrigerate 15-30 minutes. Remove shrimp and discard remaining marinade. Grill or pan fry until fully cooked.



1868 Organic Grilling Rubs [®]

Our 1868 Organic Grilling Rubs bring sweet, smoked and savory flavors together to flavor poultry, beef, pork and more.

- 31678 Mesquite Rub (3.4 oz/98 g) — **NEW***
- 31659 Smoked Maple Rub (3.8 oz/108 g)
- 31660 Sweet & Savory Rub (3.6 oz/104 g)

1868 Organic Grilling Marinades [®]

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)
- 30720 Spiced Maple Marinade (1.25 oz/35 g)

* Coming Spring 2023

Organic Spices



Organic Spices ®

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.

- 31675 Allspice (ground) (2.5 oz/71 g) — **NEW****
- 31619 Basil Leaves (0.71 oz/20 g)
- 31601 Bay Leaves (0.17 oz/4.9 g)
- 31602 Black Pepper (ground) (2.8 oz/80 g)
- 31639 Black Peppercorns (whole) (2.6 oz/75 g)
- 31620 Cayenne Pepper (2.4 oz/68 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 Cinnamon (ground) (2.5 oz/71 g)
- 31621 Cinnamon Sticks (1.2/34 g)
- 31606 Cloves (ground) (2.4 oz/69 g)
- 31643 Cloves (whole) (1.5 oz/42 g)
- 31662 Coriander (ground) (2.0 oz/57 g)
- 31663 Cream of Tartar (4.4 oz/125 g) *
- 31607 Cumin (ground) (2.8 oz/82 g)
- 31622 Curry Powder (2.6 oz/74 g)
- 31623 Dill Weed (0.78 oz/22 g)
- 31676 Fennel Seeds (1.8 oz/53 g) — **NEW****

- 31670 Garlic (minced) (3.3 oz/95 g)
- 31608 Garlic Powder (3.1 oz/90 g)
- 31624 Garlic Salt (4.9 oz/141 g)
- 31625 Ginger (ground) (2.0 oz/58 g)
- 31630 Himalayan Pink Salt (fine) (5.7 oz/163 g)*
- 31609 Nutmeg (ground) (2.8 oz/82 g)
- 31671 Onion (minced) (2.2 oz/63 g)
- 31610 Onion Powder (2.8 oz/82 g)
- 31611 Oregano Leaves (0.67 oz/19 g)
- 31612 Paprika (2.9 oz/85 g)
- 31637 Paprika (smoked) (2.4 oz/68 g)
- 31613 Parsley Flakes (0.59 oz/17 g)
- 31668 Poppy Seeds (2.9 oz/83 g)
- 31614 Red Pepper (crushed) (1.6 oz/48 g)
- 31635 Rosemary (1.4 oz/42 g)
- 31627 Sage (rubbed) (0.70 oz/20 g)
- 31628 Sesame Seeds (2.8 oz/80 g)
- 31615 Thyme Leaves (1.09 oz/31 g)
- 31629 Turmeric (ground) (2.4 oz/70 g)

* Organic Claim not applicable

** Coming Spring 2023

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



Organic Seasoning Blends

Watkins Roasted Butternut Squash with Cranberries

Try this sweet and savory superfood dish as your next healthy side!

- 1 large raw butternut squash - peeled and chopped into small bite-size pieces
- 2 cups/500 mL fresh cranberries
- 1/4 cup/60 mL feta cheese, crumbled
- 1 tsp/5 mL **Watkins Organic Ground Cinnamon**
- 1 tsp/5 mL **Watkins Organic Black Pepper**
- 1/2 tsp/2.5 mL **Watkins Organic Garlic Powder**
- 1/4 tsp/1.25 mL **Watkins Organic Chili Powder**
- To taste, freshly ground **Watkins Mediterranean Sea Salt**
- 2 tbsp/30 mL olive oil
- 1-2 tbsp/15-30 mL honey, optional

Preheat oven to 400°F/200°C. Lightly grease a 9x13-inch/23x33-cm baking pan. In a small bowl combine cinnamon, black pepper, garlic powder, chili powder and sea salt. Add 2 tbsp/30 mL olive oil to seasoning mix and stir until well blended. In a large bowl, place chopped butternut squash. Drizzle spiced olive oil over squash. Stir until the pieces are evenly coated. Add squash mixture to baking pan. Roast on center rack for 25 minutes uncovered. Remove pan from oven. Top with fresh cranberries. Place baking sheet back in oven and roast for 5-10 minutes. Cranberries should be soft but not popped. Remove baking sheet from oven. Sprinkle crumbled feta on top. Serve hot. For a sweeter taste - drizzle honey on top before serving.

Organic Seasoning Blends®

Handcrafted to deliver all the superior flavor you expect, our Watkins Organic Blends enhance any dish you create.

- 31644 Adobo Seasoning (4.1 oz/116 g)
- 31633 All Purpose Seasoning Salt-Free (2.7 oz/78 g)
- 31651 Cajun Seasoning (2.3 oz/65 g)
- 31646 Chai Powder (4.0 oz/113 g)
- 31636 Everything Bagel Sesame Seasoning Blend (3.0 oz/85 g)
- 31648 Garam Masala Blend (2.6 oz/75 g)
- 31661 Garlic Herb Seasoning (2.9 oz/83 g)
- 31645 Harissa Seasoning (2.5 oz/70 g)
- 31667 Herbes de Provence (0.74 oz/21 g)
- 31641 IPA Seasoning (3.6 oz/102 g)
- 31634 Italian Seasoning (1.1 oz/30 g)
- 31616 Lemon Pepper Blend (3.6 oz/104 g)
- 31649 Potato Salad Seasoning (4.1 oz/116 g)
- 31677 Pumpkin Pie Spice (2.6 oz/74 g) — **NEW****
- 31618 Seafood & Poultry Seasoning (3.3 oz/94 g)
- 31631 Seasonings with Salt (4.2 oz/120 g)
- 31617 Steak Seasoning (3.3 oz 94 g)
- 31647 Vanilla Powder (3.4 oz/96 g)
- 31669 Za'atar Seasoning (2.6 oz/73 g)



** Coming Spring 2023



Organic Grinders

Rotating Metal Spice Rack

Complement any kitchen with this custom chrome plated wire rack that holds up to 16 Organic Spice Bottles or Grinders. Spices sold separately.

16608 (Spices not Included)

Eco-Friendly Reusable Bag

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

09702 (Holds up to 20 pounds)



Organic Grinders [®]

Our adjustable grinder is pretty enough to sit tableside and lets you tailor the coarseness to your taste, ensuring you enjoy the richest of Watkins Organic seasonings with every turn.

31681 Black Peppercorn (2.6 oz/75 g)

31685 Garlic Peppercorn (2.7 oz/79 g)

31684 Garlic Salt (4.3 oz/123 g)

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

* Organic Claim not applicable



Family Size



Large Family Size Soup and Gravy Bases

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)

Organic Family Size Spices — **NEW**

Your favorites in a larger size!

Organic Spices — **NEW****

31508 Garlic Powder © (9.1 oz/260 g)

31524 Garlic Salt © (11.6 oz/330 g)

31510 Onion Powder © (8.3 oz/235 g)

Organic Gourmet Seasoning Mix

NEW**

31573 Taco Seasoning © (7.7 oz/220 g)



*We're helping cooks
and bakers of all ages to truly
Flavor Every Moment
with Watkins!*



** Coming Spring 2023

Organic Popcorn Seasonings



Organic Popcorn Seasonings ©D

Classic and savory flavors blend perfectly to bring a new layer of taste to a favorite snack!

31665 Butter/Salt (5.3 oz/150 g)

31666 Ranch (3.6 oz/102 g)

31664 White Cheddar (3.3 oz/93 g)

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, baked pretzels/breadsticks and homemade snack mix.



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 Non Stick 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.

Organic Canola Oil Non Stick Cooking Spray ©

Our Organic Canola Oil is formulated to be versatile and complement your cooking.

31041 (5 fl oz/150 mL)



NON-AEROSOL
PROPELLANT FREE



Organic Dip & Dressing Mixes

Organic Gourmet Dip Mixes ®

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.

Purchase in a quantity of 12 eaches, same flavor, to receive a display box for convenient organization (shown below).

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



Organic Salad Dressing Mixes

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.

Purchase in a quantity of 12 eaches, same flavor, to receive a display box for convenient organization (example shown at left).

- 30719 Italian ® (0.85 oz/24 g)
- 30718 Ranch ® (0.85 oz/24 g)



Organic Seasoning Mixes



Organic Gourmet Seasoning Mixes

Gourmet meals are made simple with Watkins Organic Seasoning Mix pouches. These convenient no-measure, one-time use pouches ensure you have the perfect recipe every time.

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

- 30714 Brown Gravy (0.85 oz/24 g)
- 30692 Chili Seasoning © (1.25 oz/35 g)
- 30722 Chili Seasoning, Mild © (1.25 oz/35 g)
- 30712 Country Gravy ©D (2.82 oz/80 g)
- 30695 Fajita Seasoning © (1.02 oz/29 g)
- 30690 Taco Seasoning © (1.0 oz/28 g)
- 30716 Taco Seasoning, Mild © (1.0 oz/28 g)
- 30717 Taco Seasoning, Reduced Sodium © (1.0 oz/28 g)

Watkins Swedish Meatballs

Take the fuss out of homemade gravy. Take any meal to the next tasty level.

Meatballs

- 1/2 pound/227 g ground beef
- 1/2 pound/227 g ground pork
- 1/2 cup/125 mL breadcrumbs
- 1/4 cup/60 mL Worcestershire sauce
- 1 egg
- 1/2 tsp/2.5 mL Watkins Organic Ground Pepper
- 1/2 tsp/2.5 mL Watkins Organic Onion Powder
- 1/2 tsp/2.5 mL Watkins Organic Garlic Salt
- 1/2 tsp/2.5 mL Watkins Organic Ground Nutmeg

olive oil (for frying)

Gravy

- 1 package Watkins Organic Country Gravy Seasoning Mix
- 1 cup/250 mL water
- 1 cup/50 mL milk

Mix together all ingredients for the meatballs. Set aside. Using a spoon, form meatballs from meatball mixture. Heat 12-inch/30-cm saucepan over medium heat. Drizzle olive oil to lightly coat bottom of skillet (will prevent meatballs from sticking.) Drop formed meatballs into the heated saucepan, turning occasionally to ensure that all sides are browned. Approximately 7-10 minutes. Remove meatballs from pan and place on plate. For gravy, add milk and water to same saucepan. Gradually stir country gravy mix into pan with a whisk. Cook on medium heat until gravy comes to a boil, stirring frequently. Reduce heat and simmer for 1 minute. Gravy will thicken upon standing. Add meatballs back into gravy mixture and serve.



Organic Family Favorites



*Elevate the flavor
of your favorite meat, vegetable,
grain or plant-based protein!*

Watkins Meatloaf

- 1 package **Watkins Organic Meatloaf Gourmet Seasoning Mix**
- 2 lbs/900 g lean ground beef or turkey
- 2 eggs, lightly beaten
- 1/2 cup/125 mL milk
- 1/4 cup/60 mL dry bread crumbs or 2 slices of bread crumbled
- 1/2 cup/125 mL tomato ketchup, optional

Preheat oven to 375°F/190°C. In a large bowl mix all ingredients except ketchup, until well blended. Shape into a loaf. Place in foil-lined baking pan or 9x5-inch/23x12-cm loaf pan. Top with ketchup, if desired. Bake for 1 hour or until cooked through.

For a fun twist on a family favorite, make individual loaves using a muffin tin.

Quick Tip! Meatballs: Roll meat mixture above into 1/4 cup/60 mL size meatballs. Place on lined sheet pan and bake for 30 minutes or until cooked through. Yields about 18-20 meatballs. Serve with a **Watkins Organic Gravy Seasoning Mix** or tomato sauce.

Organic Family Favorites Gourmet Seasoning Mixes

With Watkins Family Favorites Seasoning Mixes, you get a perfectly seasoned entree each time. 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).

- 30723 Au Jus Gravy (1.0 oz/28 g)
- 30724 Beef Stew (1.5 oz/42 g)
- 30726 Meatloaf © (1.5 oz/42 g)
- 30725 Pot Roast (1.3 oz/36 g)



Black Pepper & Cinnamon Tins



Pure Ground Black Pepper [®]

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)
- 01140 (6 oz/170 g)
- 01141 (12 oz/340 g)



Pure Ground Cinnamon [®]

Our award-winning Watkins cinnamon is made of premium cassia cinnamon with high essential oils.

- 01115 (6 oz/170 g)



Watkins Peppery Beef Kebabs

Packed full of flavor!
Your spice cupboard will get a workout with this recipe.

- 1 pound /454 g sirloin steak, cut in 1-inch/2.5-cm cubes
- 1 tbsp/15 mL **Watkins Black Pepper (Pure Ground or Organic)**
- 1 tbsp/15 mL **Watkins Organic Ground Cumin**
- 2 tsp/10 mL **Watkins Organic Curry Powder**
- 2 tsp/10 mL **Watkins Mediterranean Sea Salt**, freshly ground
- 1 tsp/5 mL **Watkins Organic Chili Powder**
- 1 tsp/5 mL **Watkins Organic Paprika**
- 1 tsp/5 mL **Watkins Cinnamon (Pure Ground or Organic)**
- 1/2 tsp/2.5 mL **Watkins Organic Cayenne Pepper**

In a small bowl, stir together all spice ingredients. Sprinkle sirloin with about 2 tbsp/30 mL of the spice mixture. Reserve remaining spice mixture in an airtight container for future use. Thread beef onto skewers. Grill or broil, turning occasionally until meat is cooked to desired doneness, about 5-7 minutes.



Hand & Body by J.R. Watkins

"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



Hand Creams

Natural shea and cocoa butters are whipped together with more than 10 natural oils and extracts to protect, soothe and condition delicate skin. (3.3 oz/95 g)

- 104607 Aloe & Green Tea
- 104608 Coconut & Honey
- 104606 Lavender
- 104611 Lemon Cream

Foaming Hand Soaps

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

- 104617 Aloe & Green Tea
- 104621 Lavender
- 104622 Lemon
- 104624 Ocean Breeze
- 104626 Vanilla Mint

Gel Liquid Hand Soaps

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

- 104633 Lavender
- 104634 Lemon
- 104636 Ocean Breeze



Remedies by J.R. Watkins



White Cream Liniment

This creamy lotion uses evergreen-based counterirritants to provide temporary relief from arthritic pain and muscle soreness caused by exertion.
32316 (325 mL)

Menthol Camphor Relief Mist

Diffuse a penetrating blend of menthol, eucalyptus and camphor into the air, and let the vapors of this 99% natural mix help you breathe—especially during cold season. Each bottle contains over 600 sprays.
32340 (118 mL)

Medicated Ointment

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)



Great Outdoors™ by J.R. Watkins



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

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

- 450007 (45 mL)
- 450009 (80 mL)
- 450006 (240 mL)

25% DEET Aerosol Spray

Long-lasting protection in a convenient aerosol spray.

- 450003 (175 g)

30% DEET Pump Spray

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

- 450004 (150 mL)



Great Outdoors™ by J.R. Watkins



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

450005 (150 mL)

7.5% DEET Pump Spray

450002 (200 mL)

20% Icaridin Pump Spray

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)

450014 (200 mL)





Consider Starting Your Own Watkins Home Business

"We have enjoyed building a business run from home, that has brought us together with wonderful people who are part of our team - our customers and fellow Watkins Consultants. Watkins has provided us a secure income and lifestyle that allows time for family and fun. Bringing quality products to customers who appreciate the service through direct sales, in home presentations and public events have shown a path to new Consultants to do the same. We invite you to look at this opportunity."

- Karen & Keith Hagen
Independent Watkins Executives

"Watkins has provided my family with a wonderful, fun-filled opportunity to earn a steady income as well as meeting so many awesome team members and customers. I love sharing my experience and knowledge with my team which helps them succeed. I have successfully earned a place on the executive team, which has allowed me to help and mentor even more team members. If I can do it, you can too! Do what you love and love what you do!"

- Sue Lessard
Independent Watkins Executive

"Watkins has given us complete financial freedom, time freedom and most importantly - extra time to spend with family. This has happened because people love Watkins Products and trust the company. We feel like there is no business-like show business, working events like fairs, festivals, and markets. We love it! When you join Watkins, it is like joining a family. We invite you to enjoy the wonderful Watkins family. This catalog is about reaching your dreams too."

-Sue & Ed Williams
Independent Watkins Executives



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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