

deals

2X monthly!

December 3–December 16, 2025

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Wholesome
Sweeteners
Organic
Brown Sugar
selected varieties

\$4.49

24 oz



Simple Mills
Almond Flour
Baking Mix
selected varieties

\$5.29

9-12.9 oz

'Tis the season for savings!

Annie's
Organic
Mac & Cheese

2/\$5

6 oz



Lily's
Baking Chips
selected varieties

\$6.49

9 oz



Wildbrine
Kimchi
selected varieties

\$5.99

18 oz



Bionaturae
Organic
Tomato Paste

\$2.29

7 oz



KeVita
Organic Kombucha
selected varieties

\$3.29

15.2 oz



Lakewood
Organic Pure
Carrot Juice

\$5.49

32 oz



California Olive Ranch
Global Blend
Extra Virgin Olive Oil

\$12.99

16.9 oz



Amy's
Organic Soup
selected varieties

\$3.79

14.5 oz



Bob's Red Mill
Gluten Free
Cornbread Mix

\$3.29

20 oz



Look for new deals on **December 17!**

**Stacy's
Pita Chips**
selected varieties

2/\$6

7.33 oz



Eggs from farmers who care. Our farmers share our commitment to animal welfare. Whether they're scrambled, baked, or fried, they're delicious, responsible, and made to make a difference.



**Vital Farms
Pasture Raised Eggs**

\$6.79

1 dz

**Navitas
Organic
Cacao Powder**

\$8.49

8 oz



**Miss Jones Baking Co
Organic Frosting**

selected varieties

\$4.99

11.29 oz



**St. Dalfour
French Fruit Spread**

selected varieties

\$3.49

10 oz



Warming Vegetable Soup with Ginger

35 MIN • SERVES 8 • DAIRY-FREE, GLUTEN-FREE, GRAIN-FREE

INGREDIENTS

- | | |
|---|---------------------------------------|
| 2 tablespoons olive oil | 1 bunch kale, stemmed and chopped |
| 1 medium onion, chopped | 2 cups cooked basmati rice |
| 3-inch fresh ginger, peeled and minced | 2 ½ cups cooked wild rice |
| 2 quarts chicken stock | 2 teaspoons sea salt |
| 2 medium carrots, peeled and chopped | 1 teaspoon coarse ground black pepper |
| 2 large russet potatoes, peeled and cubed | 1 tablespoon sriracha hot sauce |

DIRECTIONS

- 1 In a large stockpot, heat oil over medium heat. Add onion and sauté until tender. Add ginger and cook for one minute.
- 2 Add stock and carrots. Bring to a gentle simmer and cook for five minutes. Add potatoes and kale and return to a simmer. Cook until potatoes are tender then stir in rice. Season soup to taste with salt, pepper, and sriracha.



Earth Balance
Organic Vegan
Buttery Spread

\$4⁷⁹

13 oz



Natural Vitality
Calm Gummies

\$20⁹⁹

120 ct



Natural Factors
Stress Relax Tranquil
Sleep Chewable

\$22⁹⁹

60 tab



Wiley's Finest
Wild Alaskan Fish Oil
Easy Swallow Minis

\$16⁹⁹

60 ct



Garden of Life
Vitamin Code
Raw Zinc

\$10⁹⁹

60 ct



Nordic Naturals
Omega-3

\$34⁹⁹

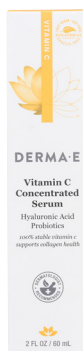
180 ct



derma e
Vitamin C
Concentrated Serum

\$19⁹⁹

2 oz



NOW
Essential Oil
selected varieties

\$6²⁹

1 oz



Aura Cacia
Lavender
Essential Oil

\$7⁹⁹

.5 oz



Weleda
Skin Food
Body Butter

\$13⁹⁹

5 oz



JASÖN
Vitamin E Skin Oil
45000 IU

\$9⁹⁹

2 oz



Salted Nut Tart

2 HR 30 MIN • SERVES 6-8 • VEGAN

INGREDIENTS

- 4 ounces pretzel twists
- 1 ½ tablespoons cane sugar
- 4 tablespoons plant-based butter, melted
- 1 ½ cups chopped semisweet chocolate
- ¾ cup regular coconut milk
- ¾ cup salted mixed nuts

DIRECTIONS

- 1 Preheat oven to 350°F. Place pretzels in a food processor and run until crumbs form.
- 2 Place crumbs in a mixing bowl and mix in sugar and melted butter until thoroughly incorporated. Put crumbs mixture in a 7-inch tart pan, forming the edges of the crust first by pressing into place then press remaining mixture evenly over the bottom of the pan.
- 3 Bake tart crust for 12 minutes. Remove and set aside to cool.
- 4 Heat coconut milk in a small saucepan just to the boiling point and pour over chopped chocolate, cover. After a few minutes, stir until smooth. Reserve ¼ cup for garnishing and pour remaining into tart shell. Chill filled tart for at least 2 hours before proceeding.
- 5 Sprinkle nuts over the top of the chocolate layer and drizzle with reserved chocolate. Chill for an additional hour before serving.



Slow Cooker Squash & Quinoa Stew

4 HR 20 MIN • SERVES 6 • GLUTEN-FREE, PLANT-BASED

INGREDIENTS

3 tablespoons olive oil
1 large yellow onion, diced
1 large garlic clove, minced
2 pounds butternut squash, peeled and cubed
1 medium carrot, peeled and diced
1 quart vegetable broth
1 - 15-oz can fire roasted diced tomatoes
⅓ cup uncooked quinoa
1 tablespoon sriracha
2 teaspoons ground cumin
1 teaspoon smoked paprika
½ teaspoon dried thyme
1 ½ teaspoons sea salt
½ teaspoon ground black pepper

DIRECTIONS

- 1 Turn slow cooker on high. When hot add olive oil, onions, and garlic. Cook for 3–5 minutes until onions soften.
- 2 Add remaining ingredients. Stir to combine.
- 3 Cover and cook for 4 hours on high or until the butternut squash is tender and cooked through.
- 4 Adjust seasonings to taste and serve.

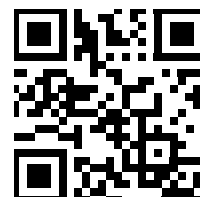


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SE-A