

May 2024

# Natural Connection



**Siete**  
Mild Salsa  
Casera Style  
10.5 OZ  
Selected Varieties

**GF**   
**\$4.79**



**Near East**  
Rice Pilaf Mix  
Spanish Rice  
6.75 OZ  
Selected Varieties

**2/\$5**



**Food For Life**  
Organic Ezekiel 4:9  
Tortillas  
Sprouted Grain  
12 OZ  
Selected Varieties

**\$4.29**



**Tortiyahs**  
Tortilla Chips  
Spicy Green Chili  
8 OZ  
Selected Varieties

**2/\$7**



See Page 7 for these vibrantly seasoned  
**Sautéed  
Cauliflower Mild Tacos**

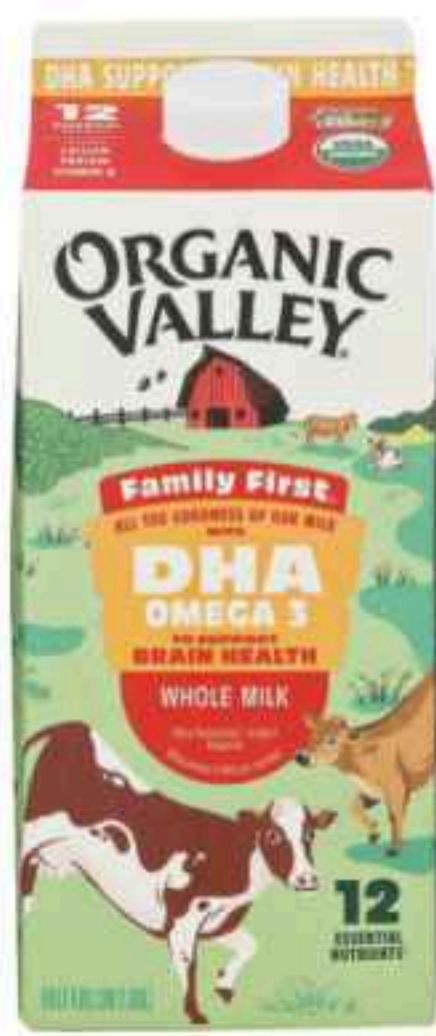
**Simply Organic**  
Organic  
Simmer Sauce  
Mild Taco  
8 OZ Selected Varieties



**2/\$6**

Scan to see this ad online

Some items may not be available. See store for details.  
Printed with soy ink on recycled paper. Not responsible for typographical errors.



**Organic Valley**  
Organic  
Whole Milk  
DHA Omega 3  
64 FL OZ

**\$4.99**



**Forager Project**  
Organic Probiotic  
Cashewmilk Smoothie  
Strawberry  
28 FL OZ  
Selected Varieties

**\$5.99**



**Immaculate Baking**  
Organic Cinnamon  
Roll Dough  
with Icing  
17.5 OZ

**\$5.79**



**Hope**  
Organic Hummus  
Sea Salt & Olive Oil  
8 OZ  
Selected Varieties

**\$4.19**



**Nasoya Foods**  
Organic Tofu  
Super Firm  
16 OZ

**\$3.49**



**Wildwood Natural Foods**  
Organic  
Baked Tofu  
Teriyaki  
7 OZ

**\$4.49**



**Simply**  
Lemonade  
All Natural  
52 FL OZ  
Selected Varieties

**\$2.99**



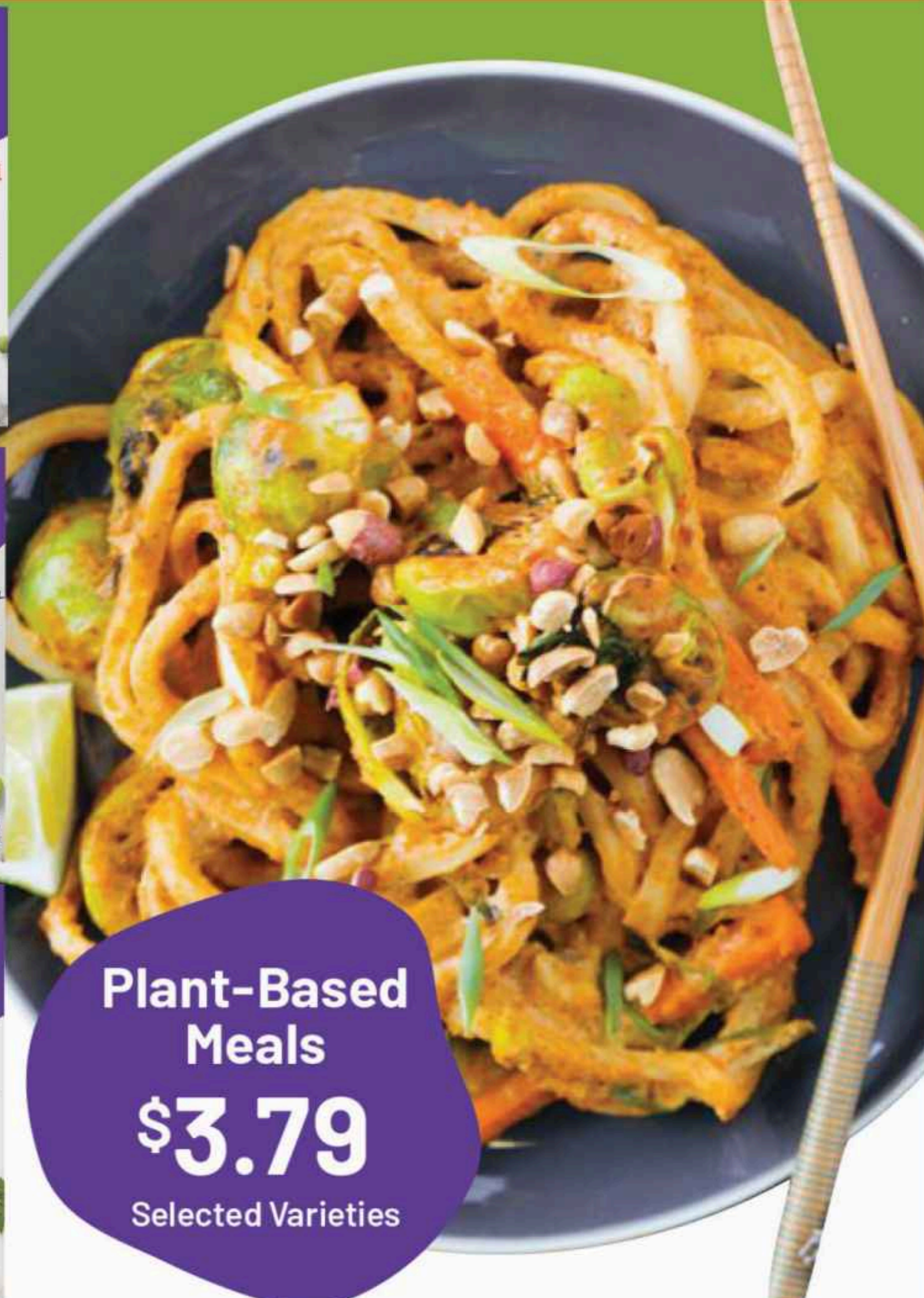
**Wildbrine**  
Organic Kraut  
Green  
18 OZ  
Selected Varieties

**\$7.79**



**Grillo's Pickles**  
Dill Pickle Spears  
Italian  
32 FL OZ  
Selected Varieties

**\$6.49**



**Plant-Based Meals**  
**\$3.79**  
Selected Varieties



**18G PROTEIN**



**13G PROTEIN**



**15G PROTEIN**

**2/\$7**



**2/\$4**

**14G PROTEIN**



Maria And Ricardo's  
Organic Yellow  
Corn Tortillas  
Fajita Size  
8 CT



\$2.29



O'doughs  
Bagel Thins  
Everything  
10.6 OZ  
Selected Varieties

GF \$4.29

Van's Natural Foods  
Protein Waffles  
Blueberry  
9 OZ  
Selected Varieties



\$3.79



Feel Good Foods  
Egg Rolls  
Chicken  
9 OZ  
Selected Varieties

GF \$6.99

Chloe's  
Frozen Fruit Pops  
Mango  
4/2.5 FL OZ  
Selected Varieties

GF



2/\$9



# Fresh from the Fridge Protein Bars



\$2.79  
all varieties

Scan here for Perfect Bar  
Chocolate Chip Cookie Dough  
Cottage Cheese Ice Cream





**Purely Elizabeth**  
Superfood Cereal  
Cinnamon Raisin  
Almond  
11 OZ  
Selected Varieties  
**\$6.09**



**Luna**  
Nutrition Bar  
Lemonzest  
1.69 OZ  
Selected Varieties  
**2/\$3**



**Larabar**  
Fruit & Nut Bar  
Peanut Butter  
Chocolate Chip  
1.6 OZ  
Selected Varieties  
**5/\$5**



**Bob's Red Mill**  
Bob's Bars  
Peanut Butter  
Honey & Oats  
7.4 OZ  
Selected Varieties  
**\$4.79**



**Dave's Killer Bread**  
Organic Snack Bars  
Oat-rageous  
Honey Almond  
4/1.75 Z  
Selected Varieties  
**\$5.79**



**Made Good**  
Organic Soft  
Baked Oat Bars  
Chocolate Chip  
5.3 OZ  
Selected Varieties  
**2/\$8**



**Crofters**  
Organic  
Premium Spread  
Berry Harvest  
16.5 OZ  
Selected Varieties  
**\$5.29**



**Crofters**  
Organic  
Premium Spread  
Strawberry  
16.5 OZ  
Selected Varieties  
**\$5.29**



**Bonne Maman**  
Fruit Spread  
Strawberry  
11.8 OZ  
Selected Varieties  
**\$4.29**



**2/\$8**



**BUDDHA TEAS®**



**Hibiscus Tea**  
*A beautiful tart magenta tea high in vitamin C*



**Chamomile Flower Tea**  
*A classic herbal tea with a fruity floral taste*



**Lavender Tea**  
*A calming floral infusion of lavender*





**Amy & Brian**  
Coconut Water  
Original  
17.5 FL OZ  
Selected Varieties



**2/\$5**



**Ultima Replenisher**  
Electrolyte  
Drink Mix  
Passionfruit  
3.8 OZ



**\$14.99**



**Santa Cruz Organic**  
Organic Lemonade  
32 FL OZ  
Selected Varieties



**\$2.79**



**Bigelow Botanicals**  
Cold Water Infusion  
Blackberry Raspberry Hibiscus  
18 BAG  
Selected Varieties



**\$3.29**



**Celestial Seasonings**  
Cold Brewed Iced Tea  
Unsweetened Black  
18 BAG  
Selected Varieties



**2/\$7**



**Lakanto**  
Sweetener  
Classic Monkfruit  
8.29 OZ



**\$4.99**

# Family Favorites



# save when you buy in bulk



Organic Banana Chips  
Sweetened  
**\$3.59/lb**

Organic Raisins  
Thompson Seedless  
**\$3.19/lb**

Organic  
Steel Cut Oats  
**\$1.79/lb**

Organic Quinoa  
Tri-Color  
**\$2.49/lb**

100% Organic Flax Seed  
Brown  
**\$2.69/lb**

100% Organic Dates  
Pitted  
**\$4.39/lb**

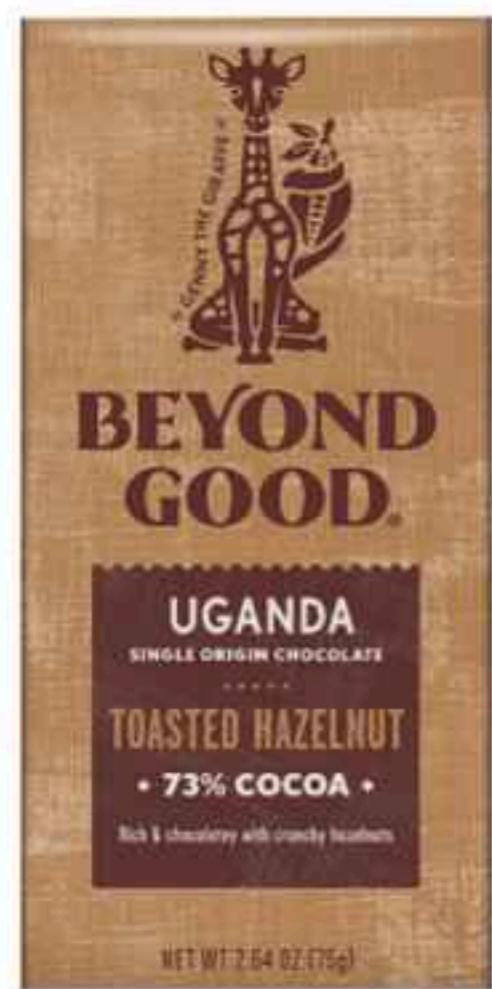
Organic Farro  
Pearled  
**\$2.69/lb**

Organic Popcorn  
Yellow  
**\$1.69/lb**

Organic Split Lentils  
Red  
**\$1.99/lb**

Organic Almonds  
Tamari  
**\$12.69/lb**

E-



**Beyond Good**  
Organic Uganda  
Chocolate  
Toasted Hazelnut  
2.64 OZ  
Selected Varieties

**GF**  
USDA ORGANIC  
NON GMO Project VERIFIED  
**2/\$6**



**Divine**  
85% Dark Chocolate Bar  
Exquisitely Smooth  
3 OZ  
Selected Varieties

**GF**  
**2/\$7**



**Justin's**  
Organic Peanut  
Butter Cups  
Dark Chocolate  
1.4 OZ  
Selected Varieties

**GF**  
USDA ORGANIC  
NON GMO Project VERIFIED  
**3/\$5**



**Theo Chocolate**  
Organic  
Dark Chocolate Bar  
Salted Almond  
3 OZ  
Selected Varieties

**GF**  
USDA ORGANIC  
**2/\$6**



**Hu**  
Organic  
Dark Chocolate Bar  
Cashew  
Butter Raspberry  
2.1 OZ  
Selected Varieties

**GF**  
USDA ORGANIC  
NON GMO Project VERIFIED  
**2/\$8**



**Torie & Howard**  
Organic Hard Candy  
Assorted  
3.5 OZ  
Selected Varieties

**GF**  
USDA ORGANIC  
**2/\$7**



**Yumearth**  
Organic Licorice  
Strawberry  
5 OZ  
Selected Varieties

**GF**  
USDA ORGANIC  
NON GMO Project VERIFIED  
**\$4.29**



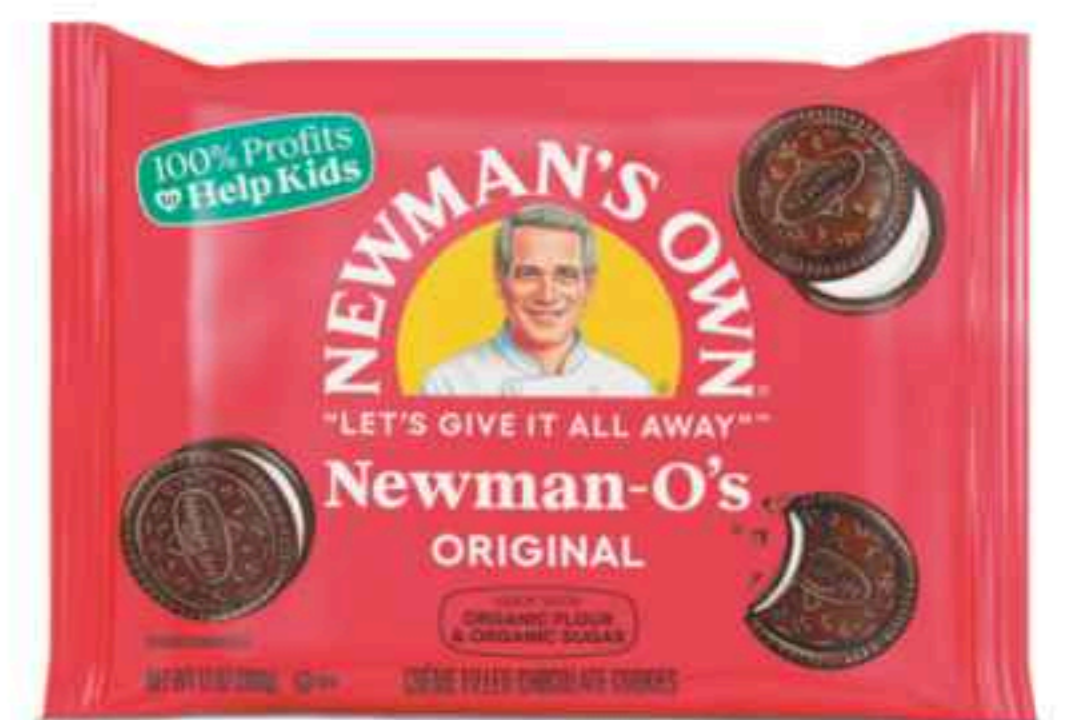
**Solely**  
Fruit Jerky  
Mango  
4.1 OZ  
Selected Varieties

USDA ORGANIC  
**\$6.29**



**McVities**  
Digestive  
Biscuits  
The Original  
8.8 OZ

**\$2.99**



**Newman's Own**  
Newman-O's Cookies  
Original  
13 OZ  
Selected Varieties

**\$4.99**



**Green Mountain Gringo**  
Medium Salsa  
Pasilla & Jalapeno  
16 OZ  
Selected Varieties

  
**\$4.49**



**Garden Of Eatin'**  
Corn Tortilla Chips  
Yellow  
16 OZ  
Selected Varieties

  
**\$4.99**



**Enjoy Life**  
Lentil Chips  
Sea Salt  
4 OZ  
Selected Varieties

  
**2/\$7**



**Dr. In The Kitchen**  
Organic Flax Seed  
Crackers  
Sea Salt  
5 OZ  
Selected Varieties

  
**\$4.79**



**Pirate's Booty**  
Rice & Corn Puffs  
Aged White Cheddar  
4 OZ

  
**2/\$6**



**From The Ground Up**  
Cauliflower Stalks  
Sea Salt  
4 OZ  
Selected Varieties

  
**\$3.29**



**Lesser Evil**  
Organic  
Popcorn  
Himalayan Pink Salt  
5 OZ  
Selected Varieties

  
**2/\$7**

# Sautéed Cauliflower Mild Tacos

- 2 small heads cauliflower, cut into florets and stems trimmed
- 2 tablespoons avocado or other high-heat oil
- 1 medium onion, diced
- 1/2 teaspoon cumin
- 1 package Simply Organic Mild Taco Simmer Sauce
- 8 corn tortillas
- Optional add-ins: lime wedges, fresh cilantro, shredded cabbage, sliced avocado, shredded cheese, salsa, sour cream

In 3 batches, break up the florets into a food processor and pulse until the mixture resembles chunky couscous. In a large skillet over medium-high heat, heat oil. Sauté onion for about 4 minutes, until golden brown. Add cauliflower and cumin, then cook for another 4 minutes until soft. Pour simmer sauce over veggies, stir and heat through. Serve in warm tortillas with desired toppings.

[www.simplyorganic.com](http://www.simplyorganic.com)

**¡CINCO DE MAYO!**



# ¡CINCO DE MAYO!

\$4.79



\$4.99



2/\$8



\$3.29



\$3.29



\$5.09



# Let your imagination Cook Wild



2/\$6



2/\$7



2/\$5



\$6.79



2/\$5



Annie's Homegrown  
Organic Macaroni  
& Cheese  
Shells & White Cheddar  
6 OZ  
Selected Varieties

USDA ORGANIC  
2/\$6



Bionaturae  
100% Organic  
Gluten Free Pasta  
Fusilli  
12 OZ  
Selected Varieties

GF USDA ORGANIC NON-GMO Project VERIFIED  
2/\$7



Spectrum  
Naturals  
Organic Olive Oil  
Extra Virgin  
25.4 FL OZ

GF USDA ORGANIC NON-GMO Project VERIFIED  
\$16.99



Stubb's  
Bar-B-Q Sauce  
Original  
18 OZ  
Selected Varieties

GF NON-GMO Project VERIFIED  
\$4.99



Primal Kitchen  
Organic  
BBQ Sauce  
Unsweetened Classic  
8.5 OZ  
Selected Varieties

USDA ORGANIC NON-GMO Project VERIFIED  
\$4.99



Kuhne  
Barrel  
Pickles  
34.2 OZ

\$5.49



See this month's  
in-store bonus circular  
for the finest ways to wish  
everyone we call Mom a

*Happy  
Mother's Day!*



**Aura Cacia**  
Skin Care Oil  
Sweet Almond  
4 FL OZ



**\$3.99**



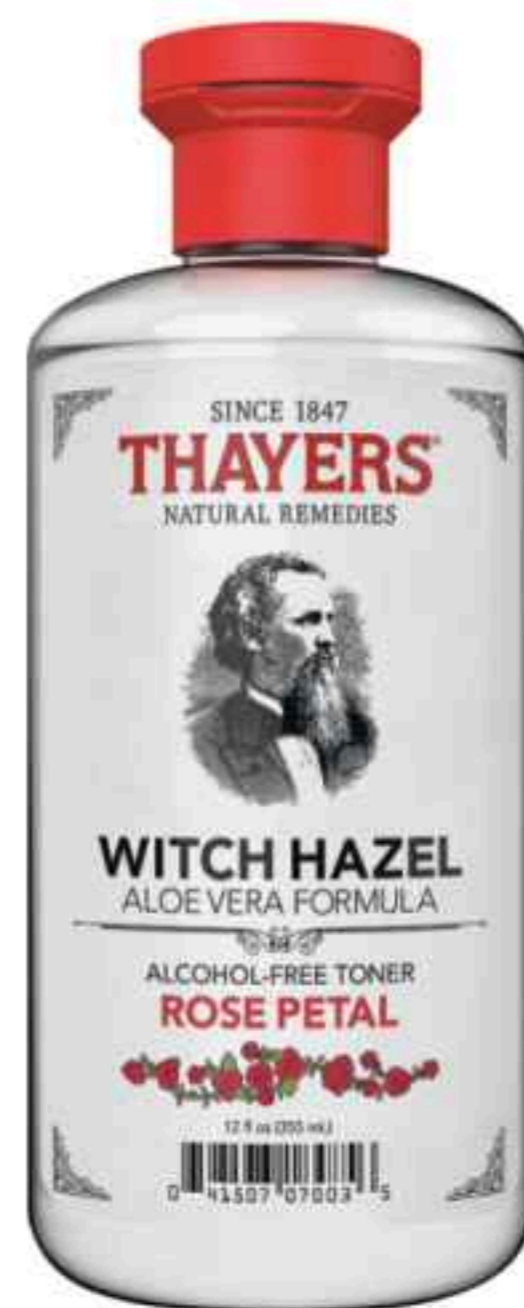
**Aura Cacia**  
Essential Oil  
Relaxing  
Lavender  
.5 FL OZ

**\$8.49**



**South Of France**  
Hand Wash  
Lavender Fields  
8 FL OZ  
Selected Varieties

**2/\$7**



**Thayers**  
Witch Hazel  
Facial Toner  
Rose Petal  
12 FL OZ  
Selected Varieties

**\$7.99**



**Andalou Naturals**  
Moisture Rich  
Shampoo  
Argan Oil & Shea  
11.5 FL OZ  
Selected Varieties

**\$6.49**



**Divacup**  
Menstrual Cup  
Model 1  
CT

**\$28.49**



**Alba Botanica**  
Very Emollient  
Body Lotion  
Maximum  
32 FL OZ

**\$11.49**



**Alba Botanica**  
Hawaiian Oil Free  
Moisturizer  
Refining Aloe & Green Tea  
3 FL OZ

**\$11.99**



**Alba Botanica**  
Hawaiian  
Body Oil  
Kukui Nut  
8.5 FL OZ

**\$6.49**



**Alba Botanica**  
Very Emollient  
Cream Shave  
Unscented  
8 OZ  
Selected Varieties

**\$4.49**



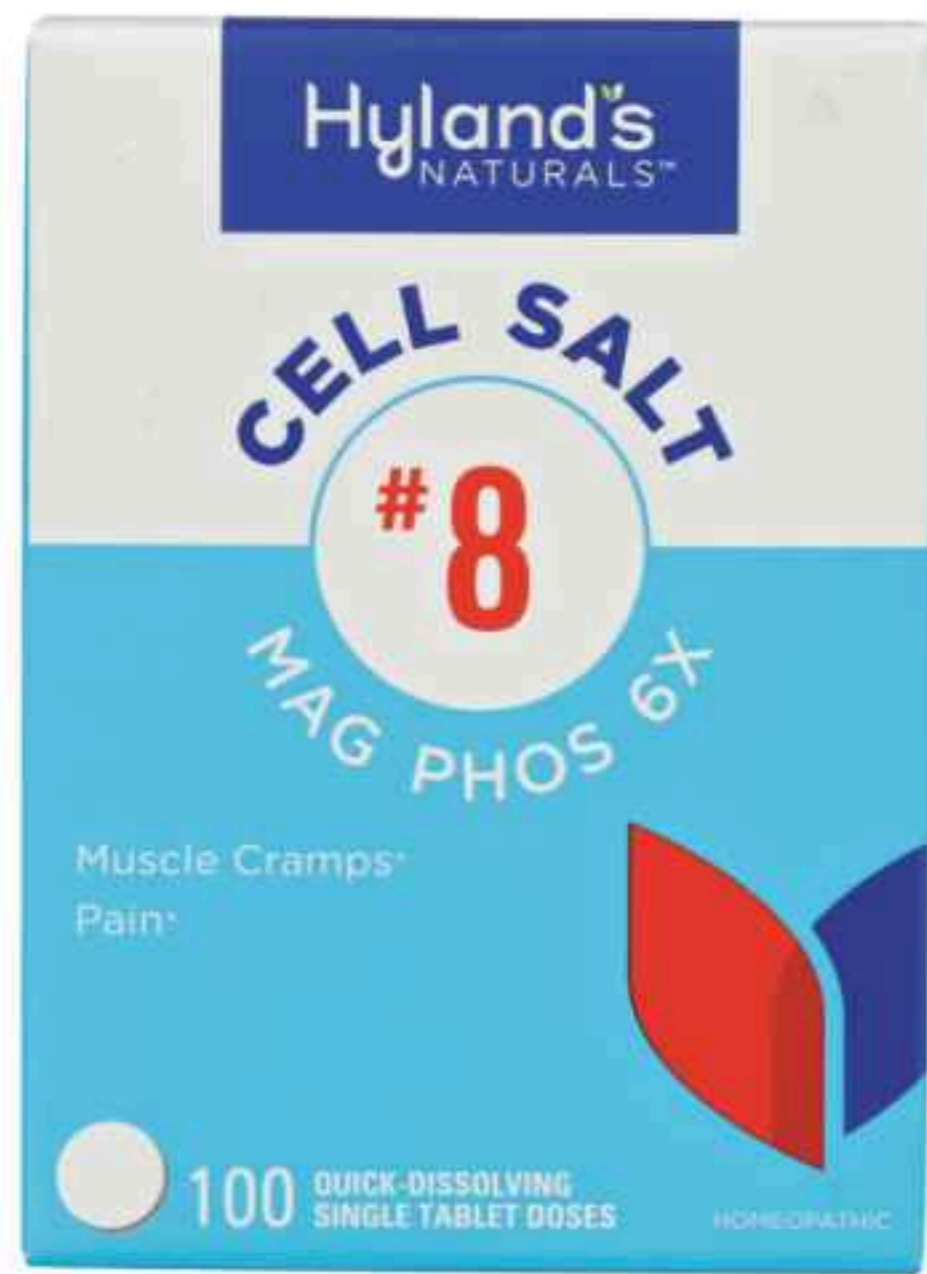
**Alba Botanica**  
Natural  
Acnedote Wash  
Deep Pore  
6 FL OZ  
Selected Varieties

**\$6.49**

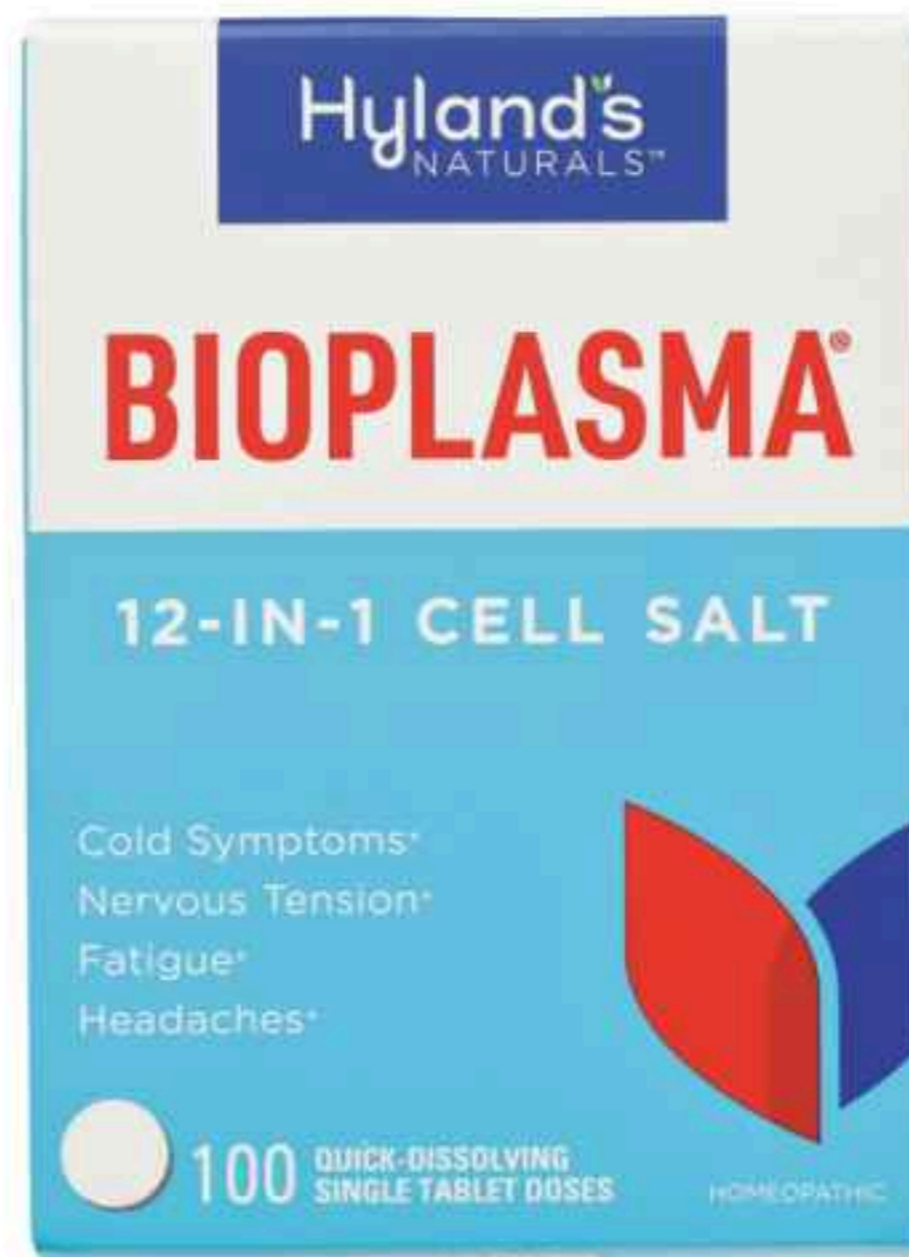


**Alba Botanica**  
Acnedote Face  
& Body Scrub  
Maximum Strength  
8 OZ  
Selected Varieties

**\$6.49**



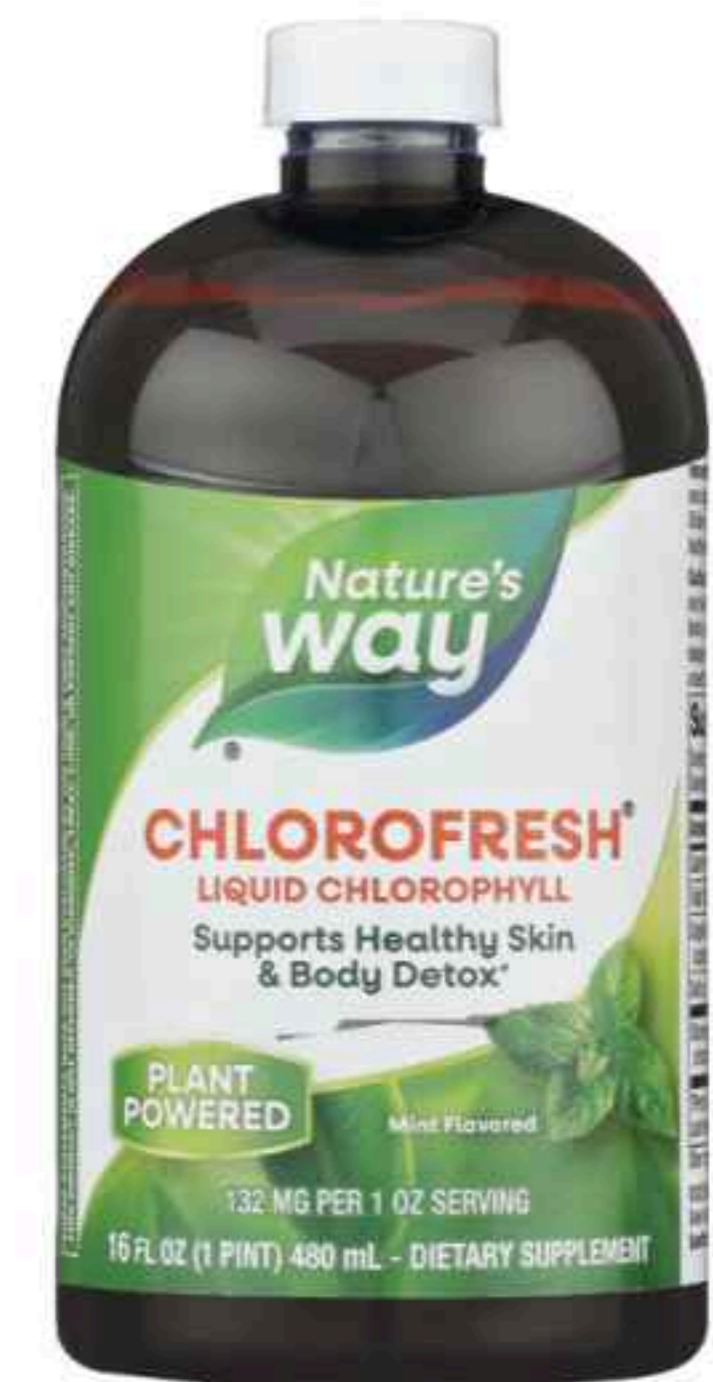
Hyland's  
Cell Salt #8 Mag Phos  
100 TAB  
Selected Varieties **\$10.49**



Hyland's  
Cell Salt  
Bioplasma Tablets  
100 TAB **\$12.49**



Yerba Prima  
Psyllium Whole Husks  
Colon Cleanser  
12 OZ **\$11.99** **GF**



Nature's Way  
Chlorofresh  
Liquid-Chlorophyll  
Mint  
16 FL OZ **\$10.49**



Childlife Essentials  
Children's Aller-Care  
Natural Grape Flavor  
4 FL OZ **\$10.99** **GF**



Boiron  
Camilia  
Teething Relief  
30 DOSE **\$10.99**



Bach  
Rescue Pastilles  
50 GRM **\$9.99**



Lip smacking good,  
high-quality food with  
function, for your furry  
one-of-a-kind +1.



I And Love And You  
Dry Dog Food  
Poultry Palooza  
5 LB **\$21.49**

VITA COCO IS COMMITTED TO HELPING DISTRIBUTE UP TO

# 10 MILLION SEEDLINGS & TREES

TO COMMUNITIES AROUND THE WORLD BY 2030



\$3.99



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