

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

\$5.79

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!**

Dr. McDougall's Ramen

selected varieties

2/\$4

1.8-1.9 oz



Navitas Organic Cacao Powder

\$8.49

8 oz



Miss Jones Baking Co Organic Frosting

selected varieties

\$4.79

11.29 oz



St. Dalfour French Fruit Spread

selected varieties

\$3.49

10 oz



Koia Plant-Based Protein Shake

selected varieties

2/\$6

12 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

Salted Nut Tart

2 HR 30 MIN • SERVES 6-8 • VEGAN

INGREDIENTS

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



Earth Balance
Organic Vegan
Buttery Spread

\$4⁷⁹

13 oz



Natural Vitality
Calm Gummies

\$20⁹⁹

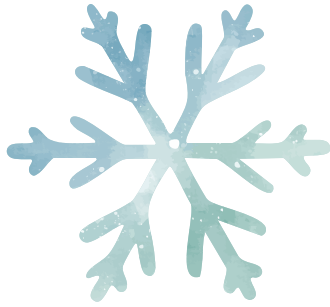
120 ct



Natural Factors
Stress Relax Tranquil
Sleep Chewable

\$22⁹⁹

60 tab



Garden of Life
Vitamin Code
Raw Zinc

\$10⁹⁹

60 ct



Nordic Naturals
Omega-3

\$34⁹⁹

180 ct



Wiley's Finest
Wild Alaskan Fish Oil
Easy Swallow Minis

\$16⁹⁹

60 ct



derma e
Vitamin C
Concentrated Serum

\$19⁹⁹

2 oz



Renew Life
3-Day Cleanse

\$6⁷⁹

12 ct



JASÖN
Vitamin E Skin Oil
5000 IU

\$6⁹⁹

4 oz



Aura Cacia
Lavender
Essential Oil

\$7⁹⁹

.5 oz



NOW
Essential Oil
selected varieties

\$6²⁹

1 oz



Weleda
Skin Food
Body Butter

\$13⁹⁹

5 oz



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.

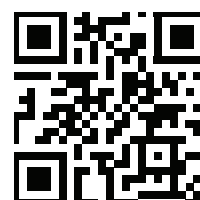


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