



**NATURE'S PICK  
MARKET**  
The Elements Of Good Health

**Now 2x monthly!**

# deals

May 28–June 10, 2025



**Just Ice Tea**  
**Organic Iced Tea**  
selected varieties

**2/\$5**  
16 oz



**Badger**  
**Daily Mineral Sunscreen**  
30 SPF

**\$15.99**  
4 oz

## Beach-worthy deals!

**EPIC**  
**Snack Strip**  
selected varieties

**4/\$5**  
0.8 oz



**Oatly**  
**Non-Dairy Frozen Dessert**  
selected varieties

**\$4.29**  
1 pt



**Late July**  
**Tortilla Chips**  
selected varieties

**2/\$7**  
7.5–7.8 oz



**Cascadian Farm**  
**Organic Cereal**  
selected varieties

**2/\$7**  
8.6–14.6 oz



**GoMacro**  
**Organic MacroBar**  
selected varieties

**2/\$5**  
2–2.4 oz



**Cascadian Farm**  
**Organic Potatoes**  
selected varieties

**2/\$7**  
12–16 oz



**Bragg**  
**Organic Apple Cider Vinegar**

**\$3.29**  
16 oz



**Lakewood**  
**Organic Lemon Juice**

**\$3.29**  
12.5 oz



**poppi**  
**Prebiotic Soda**  
selected varieties

**2/\$4**  
12 oz



Look for new deals on **June 11!**

**Annie's  
Organic Dressing**

selected varieties



**2/\$8**

8 oz



**Annie's  
Organic Bunny Crackers**

selected varieties

**\$3<sup>79</sup>**

7.5 oz



**Annie's  
Mac & Cheese**

selected varieties

**2/\$3**

5.25-6 oz



Annie's **Promise for Better:** a promise to choose nutritious and pantry-worthy ingredients, to add yumminess to every kid's meal, and to use organic ingredients that are forever kind to the planet.

**EPIC  
Meat Snack Bar**

selected varieties



**2/\$4**

1.3 oz

**The Good Crisp Company  
Crinkle Cut Chips**

selected varieties

**2/\$6**

5.5 oz



**Siete  
Grain Free Cookies**

selected varieties

**\$3<sup>29</sup>**

4.5 oz



Simple Mills is on a journey to revolutionize food design in a manner that advances regenerative agriculture principles, elevates farmers, empowers eaters, and inspires others so that our food system can nourish people and our planet now and for generations to come.



**Simple Mills  
Organic Seed Flour  
Crackers**

selected varieties

**\$3<sup>79</sup>**

4.25 oz



**Simple Mills  
Almond Flour Crackers**

selected varieties

**\$3<sup>79</sup>**

4.25 oz



**Simple Mills  
Cookies**

selected varieties

**\$3<sup>79</sup>**

5.5 oz



# UNREAL®



**UNREAL**  
**Dark Chocolate Bars**  
selected varieties

**\$4<sup>29</sup>**

3.4–4.2 oz



**UNREAL**  
**Nut Butter Cups**  
selected varieties

**\$4<sup>29</sup>**

3.2–4.2 oz

**Real ingredients.  
Unreal taste.**

Enjoy the chocolate snacks you love with 100% real ingredients, no artificial stuff, and way less sugar! From classic treats to satisfying new chocolate covered pretzels and almonds, there's something unreal for every craving.

**Navitas**  
**Organic Cacao Nibs**

**\$9<sup>99</sup>**

8 oz



**Organic Valley**  
**Organic Grassmilk Half & Half**

**\$2<sup>99</sup>**

16 oz



**Meyenberg**  
**Goat Milk**  
selected varieties

**\$5<sup>49</sup>**

32 oz



## Decadent Chocolate Mug Cake

8 MIN • MAKES 1

### INGREDIENTS

- ¼ cup all-purpose flour
- 2 tablespoons cocoa powder
- 2 tablespoons cane sugar
- ¼ teaspoon baking powder
- ⅛ teaspoon grated nutmeg
- 6 tablespoons whole milk
- 1 tablespoon avocado oil
- 2 tablespoons chocolate, chopped

### DIRECTIONS

- 1 Whisk together dry ingredients in a 12-ounce mug.
- 2 Add milk and oil to the dry ingredients. Stir until smooth and there are no lumps. Top with chopped chocolate.
- 3 Place mug in microwave and cook for 1 minute. Continue to cook in 10 second increments until cake has set. Allow cake to cool for 5–10 minutes before eating.



**Boiron  
Arnicare Gel**



**\$6<sup>99</sup>**

1.5 oz

**Natural Vitality  
Calm Gummies**

selected varieties

**\$18<sup>99</sup>**

120 ct



**Organic Valley  
Organic Half & Half**  
selected varieties



**\$4<sup>79</sup>**

32 oz

**Organic Valley  
Organic Milk**  
selected varieties



**\$4<sup>99</sup>**

64 oz



**Pasture-Raised.  
Organically Delicious.**

How is Organic Valley dairy so incredibly rich, creamy and delicious? It comes from cows on our small organic family farms that spend lots of time outside in the fresh air and sunshine grazing on lush, organic grass. Taste the difference.

**Nordic Naturals  
Omega-3**

**\$13<sup>99</sup>**

60 ct



**Flora  
Super 8 Hi-Potency Probiotic**

**\$19<sup>99</sup>**

30 cap



## Homemade Ricotta Cheese

1 HR 15 MIN • MAKES 1 ¾ CUPS

### INGREDIENTS

- 1 quart whole milk
- ½ pint heavy cream
- ¾ teaspoon sea salt
- ½ cup fresh lemon juice, approximately 2 medium lemons

### DIRECTIONS

- 1 Pour the milk, cream, and salt into a saucepan.
- 2 Over medium heat, bring mixture to a simmer, approximately 180°F. Turn off heat, pour in lemon juice, and stir gently. Allow to rest for 5 minutes.
- 3 Line a colander or sieve with a few layers of cheesecloth and place it over a large bowl. Ladle the mixture into the colander and let drain for 30–45 minutes. The longer the ricotta drains, the crumblier it will be. If you find your ricotta is too dry, add in a little bit of the whey or add a touch of milk until you reach the consistency you desire. Season to taste with salt.
- 4 Discard liquid and enjoy the fresh ricotta right away or transfer to an airtight container and refrigerate until ready to use. Keeps up to a week.





# Coconut Hemp Protein Bites

10 MIN • MAKES 14 • GLUTEN-FREE, GRAIN-FREE, VEGAN

## INGREDIENTS

- ½ cup raisins
- ⅓ cup roasted sunflower seeds
- ¼ cup sliced almonds
- ¼ cup walnuts
- ¼ cup protein powder
- 2 tablespoons maple syrup
- 2 tablespoons hemp hearts
- 1 tablespoon chia seeds
- ½ cup almond butter
- ½ cup shredded coconut

## DIRECTIONS

- In a food processor, place raisins, nuts, sunflower seeds, protein powder, maple syrup, hemp hearts, and chia seeds. Run machine until mixture is finely minced.
- Place nut/seed mixture in a mixing bowl and work in almond butter until dough forms.
- Scoop mixture into tablespoon amounts and roll into balls then coat in shredded coconut. Store in an airtight container in the refrigerator.



## Garden of Life Organic Raw Protein Powder

selected varieties

**\$32<sup>99</sup>**

568–664 g



## KAL Magnesium Glycinate 350

**\$20<sup>99</sup>**

160 ct



## Kyolic Immune Support

**\$11<sup>99</sup>**

100 ct



## Crystal Body Deodorant Stick



**\$5<sup>29</sup>**

4.25 oz

**ECOS**  
*Plant Powered Clean*

Our mission at ECOS is simple—to protect the health and wellness of people, pets, and the planet by creating the most authentic, sustainable, and affordable cleaning products for all, and we've been at it for over 50 years.



**ECOS  
Dish Soap**  
selected varieties

**\$3<sup>49</sup>**

25 oz



**ECOS  
Laundry Detergent**  
selected varieties

**\$12<sup>99</sup>**

100 oz



# Hawaiian Burgers

20 MIN • MAKES 8 • TRADITIONAL OR VEGETARIAN

## INGREDIENTS

8 beef or alternative-protein patties  
1 cup huli huli BBQ sauce, divided (*recipe follows*\*)  
1 can pineapple slices, drained  
16 slices pepperjack cheese  
1 small red onion, thinly sliced  
8 sesame seed burger buns

## DIRECTIONS

- 1 Preheat the grill to 450°F or medium heat. Season beef patties on both sides with salt and pepper. Set aside a ½ cup of bbq sauce for serving. Grill burgers for 4 minutes per side, basting with remaining sauce as they cook. Burgers should reach an internal temperature of 165°F. Any sauce left after basting burgers should be discarded.
- 2 Meanwhile, place pineapple slices on grill and cook until lightly caramelized, approximately 2 minutes per side.
- 3 Place two slices of pepper jack cheese per burger patty and cook for another minute or until cheese has melted.
- 4 Place burgers on buns with a pineapple slice and red onion. Serve with reserved bbq sauce.

### \*Huli Huli Sauce (Hawaiian BBQ Sauce)

½ cup ketchup	1 tablespoon rice vinegar
½ cup brown sugar	2 large garlic cloves, finely minced
⅓ cup pineapple juice	1 tablespoon peeled and minced ginger
¼ cup tamari or shoyu soy sauce	<i>Optional:</i> 1–2 teaspoons cornstarch
2 tablespoons toasted sesame oil	and water for thickening if needed
2 tablespoons sriracha	

- 1 Place all ingredients in a small saucepan and bring to a simmer. Cook for 5 minutes.
- 2 Once cooled, if the sauce is too thin, whisk together equal parts water and cornstarch in a small bowl. Add the mixture to the barbecue sauce and rewarm to activate the thickening properties of the cornstarch.

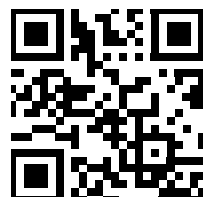


## Proud member of INFRA.

As part of the Independent Natural Food Retailers Association, we're able to provide you with savings on the food you love as well as collaborate to achieve important goals of increasing sustainability and addressing climate change.

**INFRA Deals** are available at participating Independent Natural Food Retailers Association member store locations.

For more information and a complete listing, please visit [www.naturalfoodretailers.com](http://www.naturalfoodretailers.com) or scan this code.



SE-A