



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

**2X monthly!**

**deals**

December 3–December 16, 2025



**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

**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



**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



## 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

- In a large stockpot, heat oil over medium heat. Add onion and sauté until tender. Add ginger and cook for one minute.
- 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



\$4.79

13 oz

Wiley's Finest  
Wild Alaskan Fish Oil  
Easy Swallow Minis



\$16.99

60 ct

derma e  
Vitamin C  
Concentrated Serum



\$19.99

2 oz

Weleda  
Skin Food  
Body Butter



\$13.99

5 oz

JASÖN  
Vitamin E Skin Oil  
45000 IU



\$9.99

2 oz

Natural Vitality  
Calm Gummies



\$20.99

120 ct

Natural Factors  
Stress Relax Tranquil  
Sleep Chewable



\$22.99

60 tab

Garden of Life  
Vitamin Code  
Raw Zinc



\$10.99

60 ct

Nordic Naturals  
Omega-3



\$34.99

180 ct

NOW  
Essential Oil  
selected varieties



\$6.29

1 oz

Aura Cacia  
Lavender  
Essential Oil



\$7.99

.5 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  
½ 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.

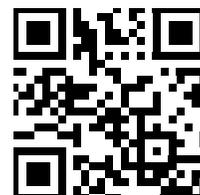


## Proud member of INFRA.

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