# deals



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September 25-October 22, 2024

Bob's Red Mill Organic Old Fashioned Rolled Oats

selected varieties

**\$5**49

32 oz



Manitoba Harvest Organic Hemp Hearts

**\$77**99

12 oz

### Stock up and save on certified Non-GMO snacks

GoMacro
Organic MacroBar

selected varieties



2-2.4 oz



NON GMC Project Siete
Kettle Cooked Potato Chips
selected varieties

2/\$6

5.5 oz



Lesser Evil Organic Popcorn

selected varieties

2/\$6

4.6-6.4 oz



**Enjoy Life Foods Chocolate Chips** 

selected varieties



9-10 oz



NON GMO Project Justin's Organic Mini Peanut Butter Cups

selected varieties

**\$499** 

4.7 oz



Birch Benders
Organic Pancake & Waffle Mix

selected varieties

**\$429** 

14-16 oz



Poppi Prebiotic Soda

selected varieties

2/\$4

12 oz



GT's Kombucha

selected varieties

2/\$6

6 oz



C2O
Coconut Water
selected varieties

**\$1**69

17.5 oz



Annie's Mac & Cheese

selected varieties



5.26-6 oz



**Tasty Bite Indian Entrée** selected varieties

10 oz



**Pacific Foods Organic Soup** selected varieties

32 oz



**Kettle & Fire Bone Broth** 

selected varieties



**Napa Valley Naturals Organic Extra Virgin** Olive Oil

25.4 oz



Annie's **Organic Dressing** selected varieties



16.9 oz

Maya Kaimal **Indian Simmer Sauce** 

selected varieties

12.5 oz



**Rao's Homemade Pasta Sauce** 

selected varieties

24 oz



**Late July Tortilla Chips** 

8 oz

selected varieties

7.5-7.8 oz



Amy's.

At Amy's, we cook with love using the best quality organic ingredients so you can enjoy delicious meals in minutes.



Amy's Macaroni & Cheese

9 oz



Amy's **Burrito** 

selected varieties



Amy's **Organic Soup** 

selected varieties

13.65-14.7 oz

#### Vista Hermosa **Tortilla Chips**

selected varieties

9 oz



selected varieties

5.5 oz



selected varieties

3.25-4 oz



selected varieties



0.44 oz

**MI-DEL Cookies** 

selected varieties

8-10 oz





Inka

GLUTEN FREE M-DEL



## Shop Better with the Butterfly

Look for the Non-GMO Project Verified Butterfly to ensure your products are made as nature intended.



#### **EPIC Meat Snack Strip**

selected varieties



**The Ginger People** 

selected varieties

**Gin Gins® Ginger Candy** 

0.8 oz



#### gimMe Organic **Organic Seaweed Snack**

selected varieties

0.32-0.35 oz



#### free2b **Chocolate Cups**

selected varieties

3-3.5 oz



1.05-1.4 oz



#### Simple Mills **Gluten Free Cookies**

selected varieties





#### **One Degree Organics Organic Sprouted Cereal**

selected varieties

8-10 oz





At R.W. Knudsen, we krush only the best ingredients so you can krush everything you do. Our Organic 100% juices are crafted for life's little wins using the finest fruits.



R.W. Knudsen **Organic Apple** Juice

32 oz

**Organic Tea** 

selected varieties

**Choice Organic Teas** 

R.W. Knudsen **Organic Just Tart Cherry Juice** 



32 oz

**Familia** Swiss Muesli

selected varieties

29 oz



Farmer's Market **Organic Pumpkin Puree** 

15 oz



**Navitas Organic Cacao Powder** 

8 oz

CACAO

**ROAR Organic** 

selected varieties

**Beverage** 

**Organic Vitamin Enhanced** 

16 ct



nutpods **Dairy-Free Creamer** 

selected varieties



**Four Sigmatic Organic Mushroom Coffee** 

selected varieties

12 oz



18 oz



Olipop **Sparkling Tonic** 

selected varieties



Vintage Cola

**Three Trees Organic Almondmilk** 

selected varieties

28 oz



**Minor Figures Organic Barista Oat Milk** 

32 oz



12 oz

#### **Elmhurst Plant-Based Milk**

selected varieties



#### **REBBL Organic Protein Elixir**

selected varieties

12 oz

Stonyfield **Organic Yogurt** 

selected varieties



#### siggi's **Icelandic Style Yogurt**

selected varieties



**Vital Farms Butter** 

selected varieties



8 oz



32 oz



4-5.3 oz

**Organic Valley Organic String Cheese** 

8 oz



**Field Roast Chao Slices** 

selected varieties



**Food For Life Organic Ezekiel 4:9® English Muffins** 

selected varieties



16 oz

NON GMO Project

**Against The Grain Original Baguettes** 

15 oz



**Deep Indian Kitchen** Samosas

selected varieties

7 oz



7.5-12 oz



**Beyond Meat Beyond Ground Beef** 

Lily of the Desert



16 oz

Wyman's of Maine Wild Blueberries

15 oz



Van's **Waffles** 

selected varieties



8-9 oz



32 oz





Environmental and social responsibility are at the heart of Organic India, with an unwavering commitment to ethical and sustainable practices. Every herb and spice is cultivated by way of organic, regenerative methods and fairtrade principles.



**Organic India Organic Psyllium** Husk

12 oz



**Organic India Organic Ashwagandha** 

90 cap

**Beekeeper's Naturals Propolis Immune Support** 

30 ml

Carlson **Cod Liver Oil** 

**Throat Spray** 



500 ml

Nature's Way **Organic Sambucus Zinc Lozenges** 

**Garden of Life Organic Elderberry Gummy**  MegaFood Relax + Calm Magnesium **Soft Chews** 



120 ct



30 ct



**Nordic Naturals Ultimate Omega** 





60 ct

24 ct

**Natural Factors** Whole Earth & Sea™ Women's **Multivitamin & Mineral** 







At Ancient Nutrition. we are leading the Regenerative Revolution in Mind, Body & Planet. On our founder-owned Regenerative Organic Certified® (ROC™) farms, we are cultivating more nutrient-dense soil to grow the powerful superfood ingredients that go into our line of first-ever ROC™ Probiotics.

ANCIENT NUTRITION



**Ancient Nutrition Organic Gut Recovery Probiotics** 



**Ancient Nutrition** Multi Collagen **Protein Powder** 

selected varieties

459-525 g

60 ct

**Flora Super 8 Hi-Potency Probiotic** 



**30** cap

**KAL Magnesium Glycinate 350** 





160 ct



Whether it's a cup for conversation, finding your zen, or settling digestive discomfort, Traditional Medicinals has a tea for that, and lozenges too! We combine traditional plant knowledge and advanced plant science to help you better manage your wellness.



**Traditional Medicinals Organic Tea** 

selected varieties

**Traditional Medicinals Organic Throat** Lozenges

Throat Coat

selected varieties

16 ct

16 ct

**Boiron** Oscillococcinum





**Jarrow Formulas** Saccharomyces Boulardii + MOS

90 vcap



Alaffia **EveryDay Shea Body Wash** 

selected varieties

32 oz



**Andalou Naturals Shampoo or Conditioner** 

selected varieties

12 ct



Dr. Bronner's **Organic Castile Liquid Soap** 

32 oz



Himalaya **Toothpaste** 

selected varieties



4-5.29 oz

**Desert Essence Dental Floss** 

11.5 oz



1 ct



**ECOS Laundry Detergent** 

selected varieties

100 oz



**Ecover Dishwasher Tablets** 

selected varieties

25 ct



# **Pumpkin Cheesecake Oatmeal**

5 MIN • SERVES 2 • GLUTEN-FREE, VEGETARIAN

#### **INGREDIENTS**

#### **Pumpkin Cheesecake**

½ cup Greek yogurt 2 tablespoons pumpkin

1 tablespoon maple syrup ½ teaspoon cinnamon
Pinch nutmeg
Pinch sea salt

Pinch nutmeg 1 ¼ cups almond milk 2 tablespoons maple

#### **Toppings**

Pecans Pumpkin Seeds Granola

#### Oats

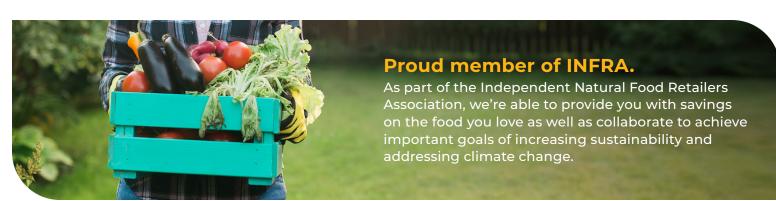
1 cup oatmeal

1 teaspoon cinnamon

#### **DIRECTIONS**

- 1 In a bowl, combine the pumpkin cheesecake ingredients and set aside.
- **2** In a microwave safe bowl, combine the oats ingredients and microwave for one minute. Stir and microwave for an additional minute.
- **3** Swirl the pumpkin cheesecake into the oats and top with pecans, pumpkin seeds, and granola.





**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** or scan this code.

