



November 30-December 26, 2024





FAMILY SOAPMAKERS SINCE 1858 DR. BRONNER'S ALL-ONE HEMP ALMOND **PURE-CASTILE BAR SOAP** FAMILY SOAPMAKERS SINCE 1858 DR. BRONNER'S ALL-ONE HEMP PEPPERMINT PURE-CASTILE BAR SOAP

Kerrygold **Butter** selected varieties

8 oz

\$479

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

selected varieties

5 oz

Sweet savings on holiday treats

Immaculate Organic Cinnamon Rolls **Enjoy Life Foods Chocolate Chips**

selected varieties

10 oz

Simple Mills **Almond Flour Baking Mix**

selected varieties

9-12.9 oz

Chocolate Bars

UNREAL



Vital Farms **Butter**

17.5 oz

selected varieties



8 oz

9 oz

Lilv's **Chocolate Baking Chips**

selected varieties





3.4-4.2 oz



Essentia KeVita **Alkaline Water Organic Kombucha**

selected varieties

15.2 oz



Traditional Medicinals Organic Tea

selected varieties

16 ct



1.5 lt



Our updated packaging pays homage to our rich heritage. At Bionaturae, authentic Italian means more than food that comes from Italy. It's an attachment to traditions and quality. It's organic ingredients that represent the heart & soul of an Italian kitchen. Welcome to our big Italian table.



Bionaturae Organic Tomato Paste



Organic Strained





CROWN PRINCE

2.5-3.1 oz

3 oz

Edward & Sons

Bouillon Cubes

selected varieties

24 oz

DIVINA **Dolmas Stuffed Grape Leaves**

\$349

7 oz



14 oz

EPIC Bone Broth

\$479

7 oz

selected varieties



Rao's Homemade **Pasta Sauce**

Crown Prince Natural Smoked Oysters selected varieties

selected varieties

24 oz

Penne Rigate with Tomato Sauce

25 MIN • SERVES 4-6 · VEGETARIAN

INGREDIENTS

2 cups strained tomatoes 2 tablespoons extra virgin ½ cup fresh basil leaves olive oil

1 clove garlic, minced

½ teaspoon salt

1 box of penne rigate

Grated Parmigiano Reggiano

DIRECTIONS

- 1 In a medium saucepan, simmer the strained tomatoes, extra virgin olive oil, garlic, and salt for 15 minutes.
- 2 Turn off the heat and add basil.
- **3** Cook penne rigate according to package instructions, stirring frequently.
- **4** Drain and toss the pasta with the tomato sauce.
- **5** Serve with grated cheese.



Organic Valley Organic Ghee



13 oz

Garden of Eatin' **Corn Tortilla Chips**

selected varieties







Kettle Potato Chips

selected varieties



Celebrate the season with Kettle Brand's Backvard BBQ kettle chips! Crafted from premium potatoes, these chips bring the smoky, spicy, tangy, and slightly sweet flavors of a BBQ right to your holiday gathering. Whether it's a cozy night in or a lively party, Kettle Brand chips are extra in the best way.

VerMints Organic Breath Mints

selected varieties



1.74 oz



Little Secrets Crispy Wafers

selected varieties

1.4 oz



Miss Jones Baking Co **Organic Frosting**

selected varieties

11.29 oz





At Hu, we obsessively vet every ingredient to unite indulgent moments with unmatched simplicity. We go beyond what is easy and expected to ensure that our products and practices are ethical and put both humanity and the human body first.







Hu **Organic Chocolate Bar**

selected varieties

2.1 oz



Crunchy Crackers made with signature ingredients: brown rice, quinoa, flax, and sesame seeds. Great textures with toastv flavors. Gluten free, plant based, and organic.



Mary's Gone Crackers Organic Real Thin Crackers

selected varieties

5 oz



Mary's Gone Crackers **Organic Crackers**

selected varieties

6.5 oz



16 ct



San Pellegrino **Sparkling Water**

750 ml



GT's Kombucha

selected varieties

48 oz



Bubbies Kosher Dill Pickles

selected varieties

33 oz



Green Valley Creamery Organic Lactose Free Cream Cheese

8 oz



Miyoko's Organic Plant Milk Mozzarella



Organic Valley Organic Ricotta Cheese

15 oz



Feel Good Foods Gluten Free Egg Rolls

9 oz





8 oz

Boiron ColdCalm



60 tab

Oregon's Wild Harvest Organic Milk Thistle Dandelion

90 ct

Everyone 3-in-1 Soap

selected varieties

32 oz

Aura Cacia Peppermint Essential Oil

0.5 oz

Trace Minerals Trace Mineral Drops

8 oz

Garden of Life Dr. Formulated Magnesium with **Pre & Probiotics**

60 ct

Andalou Naturals Shampoo or Conditioner

selected varieties

11.5 oz

Weleda **Skin Food**

2.5 oz

everyone

AURA CACIA PEPPERMINT

NET .5 FL 0Z (15ml

NOW Lavender Essential Oil

1 oz



ith PRE & PROBIOTICS SS • SLEEP • RECOVE

Natural Factors Stress Relax® Tranquil Sleep Chewable

60 tab

Wiley's Finest Wild Alaskan Fish Oil **Easy Swallow Minis**

60 ct



Stress-Relax

Avalon Organics Shampoo or Conditioner

selected varieties

11 oz



JASON Vitamin E Skin Oil 5000 IU



4 oz





UOM.



Cinnamon Apple Chunk Cake

50 MIN • SERVES 8 • VEGETARIAN

INGREDIENTS

1 1/2 cups flour

1 teaspoon ground cinnamon

½ teaspoon baking soda

½ teaspoon sea salt

½ cup cane sugar

½ cup almond oil

2 eggs

3 tablespoons buttermilk

1 cup chopped apples

Topping

½ teaspoon cinnamon 1 tablespoon cane sugar ½ cup powdered sugar 1−2 teaspoons milk

DIRECTIONS

- 1 Preheat oven to 350°F. Grease an 8-inch cast iron skillet and set aside.
- **2** In a small bowl, whisk together flour, cinnamon, baking soda, and sea salt.
- **3** In a medium bowl, combine sugar, oil, eggs until pale in color. Stir in buttermilk.
- 4 Add dry ingredients and mix until just combined. Fold in chopped apple and pour batter into prepared cast iron skillet. Combine remaining sugar and cinnamon and sprinkle on top of batter.
- **5** Bake 40–45 minutes or until a tester inserted in the center comes out clean.
- **6** Stir together powdered sugar and milk until smooth and drizzle over cooled cake.





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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.

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For more information and a complete listing, please visit **www.naturalfoodretailers.com** or scan this code.

