

# deals

October 1 - 31, 2024

Scan to download!



**Bob's Red Mill**  
Organic Old Fashioned  
Rolled Oats  
selected varieties

**\$5.29**

32 oz



**Manitoba Harvest**  
Organic Hemp  
Hearts

**\$11.99**

12 oz



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

**GoMacro**  
Organic MacroBar  
selected varieties

**2/\$5**

2-2.4 oz



**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

**\$5.49**

9-10 oz



**Justin's**  
Organic Mini Peanut Butter Cups  
selected varieties

**\$4.99**

4.7 oz



**Birch Benders**  
Organic Pancake & Waffle Mix  
selected varieties

**\$4.29**

14-16 oz



**Poppi**  
Prebiotic Soda  
selected varieties

**2/\$4**

12 oz



**GT's**  
Kombucha  
selected varieties

**2/\$6**

16 oz



**C2O**  
Coconut Water  
selected varieties

**\$1.69**

17.5 oz



**Annie's  
Mac & Cheese**  
selected varieties

**4/\$5**

5.26–6 oz



**Tasty Bite  
Indian Entrée**  
selected varieties

**\$2.99**

10 oz



**Pacific Foods  
Organic Soup**  
selected varieties

**\$3.79**

32 oz



**Dr. McDougall's  
Soup Cup**  
selected varieties

**\$1.89**

1.9–3.4 oz



**Westbrae  
Organic Beans**  
selected varieties

**\$2.49**

15 oz



**Kettle & Fire  
Bone Broth**  
selected varieties

**\$5.29**

16.9 oz



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

**\$17.99**

25.4 oz



**Annie's  
Organic Dressing**  
selected varieties

**2/\$8**

8 oz



**Rao's Homemade  
Pasta Sauce**  
selected varieties

**\$6.99**

24 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**

**\$3.79**

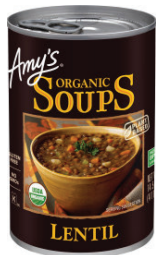
9 oz



**Amy's  
Burrito**  
selected varieties

**2/\$6**

6 oz



**Amy's  
Organic Soup**  
selected varieties

**\$3.79**

13.65–14.7 oz



**Late July  
Tortilla Chips**  
selected varieties

**2/\$7**

7.5-7.8 oz



**SkinnyPop  
Popcorn**  
selected varieties

**\$3.29**

4.4-5.3 oz



**Shop  
Better  
with the  
Butterfly**

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



**gimMe Organic  
Organic Seaweed Snack**  
selected varieties

**2/\$3**

0.32-0.35 oz



**The Ginger People  
Gin Gins® Ginger Candy**  
selected varieties

**2/\$5**

3-3.5 oz



**Simple Mills  
Gluten Free Cookies**  
selected varieties

**\$3.79**

5.5 oz



**Made in Nature  
Organic Dried Fruit**  
selected varieties

**\$3.79**

3-12 oz



**One Degree Organics  
Organic Sprouted Cereal**  
selected varieties

**\$4.29**

8-10 oz



**Familia  
Swiss Muesli**  
selected varieties

**\$8.99**

29 oz



**Farmer's Market  
Organic Pumpkin Puree**

**\$2.79**

15 oz



**Navitas  
Organic Cacao Powder**

**\$7.49**

8 oz



**Big Tree Farms  
Organic Coconut Sugar**  
selected varieties

**\$3.99**

16 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

**\$379**

32 oz



R.W. Knudsen Organic Just Tart Cherry Juice

**\$699**

32 oz

**Choice Organic Teas**  
Organic Tea

selected varieties

**\$349**

16 ct



**nutpods Dairy-Free Creamer**

selected varieties

**\$279**

11.2 oz



**Four Sigmatic Organic Mushroom Coffee**

selected varieties

**\$1299**

12 oz



**Aura Bora Herbal Sparkling Water**

selected varieties

**2/\$3**

12 oz



**ROAR Organic Organic Vitamin Enhanced Beverage**

selected varieties

**\$159**

18 oz



**Olipop Sparkling Tonic**

selected varieties

**\$179**

12 oz



**Fever-Tree Premium Drink Mixers**

selected varieties

**\$399**

4/6.8 oz



**Minor Figures Organic Barista Oat Milk**

**Elmhurst Plant-Based Milk**

selected varieties

**\$479**

32 oz



**REBBL Organic Protein Elixir**

selected varieties

**\$379**

12 oz



**\$329**

32 oz



**Silk**  
**Almondmilk**  
selected varieties

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

64 oz



**Three Trees**  
**Organic Almondmilk**  
selected varieties

**\$5<sup>79</sup>**

28 oz



**GoodBelly**  
**Organic Probiotic Drink**  
selected varieties

**\$2<sup>79</sup>**

32 oz



**Bellwether Farms**  
**Sheep Milk Yogurt**  
selected varieties

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

16 oz



**siggi's**  
**Icelandic Style Yogurt**  
selected varieties

**2/\$3**

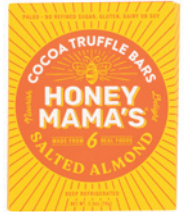
4-5.3 oz



**Honey Mama's**  
**Cocoa Truffle Bar**  
selected varieties

**\$3<sup>99</sup>**

2.5 oz



**Melt**  
**Organic Buttery Spread**

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

13 oz



**Vital Farms**  
**Butter**  
selected varieties

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

8 oz



**Organic Valley**  
**Organic String Cheese**

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

8 oz



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

**\$3<sup>99</sup>**

16 oz



**Beyond Meat**  
**Beyond Ground Beef**

**\$7<sup>49</sup>**

16 oz



**Tofurky**  
**Plant-Based Original Sausage**

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

13 oz



**Lily of the Desert**  
**Organic Aloe Vera Juice**

**\$5<sup>79</sup>**

32 oz



**Garden of Life**  
**Organic Elderberry Gummy**

**\$27<sup>99</sup>**

120 ct



**MegaFood**  
**Relax + Calm Magnesium**  
Soft Chews

**\$11<sup>49</sup>**

30 ct





HEALTHY CONSCIOUS LIVING

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

\$14.99

12 oz



Organic India Organic Ashwagandha

\$16.99

90 cap

Beekeeper's Naturals Propolis Immune Support Throat Spray

\$10.49

30 ml



Carlson Cod Liver Oil

\$38.99

500 ml



WishGarden Herbs Deep Lung

\$19.99

2 oz



Quantum Health TheraZinc Elderberry Lozenges

\$27.99

14 ct



Oregon's Wild Harvest Organic Milk Thistle Dandelion

\$22.99

90 ct



Nordic Naturals Ultimate Omega

\$21.99

60 ct



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 Organic Gut Recovery Probiotics

\$43.99

60 ct



Ancient Nutrition Multi Collagen Protein Powder selected varieties

\$38.99

459-525 g

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

\$30.99

60 tab



**Flora  
Super 8 Hi-Potency Probiotic**

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

30 cap



**KAL  
Magnesium Glycinate 350**

**\$16<sup>99</sup>**

160 ct



**Boiron  
Oscillococcinum**

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

12 ct



**Andalou Naturals  
Shampoo or Conditioner**  
selected varieties

**\$6<sup>79</sup>**

11.5 oz



**Desert Essence  
Dental Floss**

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

1 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

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

16 ct



**Traditional Medicinals  
Organic Throat Lozenges**  
selected varieties

**\$3<sup>99</sup>**

16 ct

**Jarrow Formulas  
Methyl B-12 1000 mcg**

**\$10<sup>99</sup>**

100 ct



**Alaffia  
EveryDay Coconut Body Wash**  
selected varieties

**\$10<sup>49</sup>**

32 oz



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

**\$14<sup>99</sup>**

32 oz



**Himalaya  
Toothpaste**  
selected varieties

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

4-5.29 oz



**ECOS  
Laundry Detergent**  
selected varieties

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

100 oz



**Ecover  
Dishwasher Tablets**  
selected varieties

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

25 ct





# Pumpkin Cheesecake Oatmeal

5 MIN • SERVES 2 • GLUTEN-FREE, VEGETARIAN

## INGREDIENTS

### Pumpkin Cheesecake

½ cup Greek yogurt  
2 tablespoons pumpkin puree  
1 tablespoon maple syrup  
½ teaspoon cinnamon  
Pinch nutmeg  
Pinch sea salt

Pinch nutmeg  
1 ¼ cups almond milk  
2 tablespoons maple syrup

### 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.



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