

Proud member of



# INDEPENDENT CHOICE

December 2020

"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home." - Edith Sitwell



Lily's Sweets  
Baking Chips

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

9 oz



Earth Balance  
Organic Vegan Whipped  
Buttery Spread

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

13 oz

Endangered Species  
Chocolate Bar



**2/\$5**

3 oz

Mount Hagen  
Organic Instant  
Coffee



**\$7<sup>99</sup>**

3.53 oz

Immaculate Baking  
Organic Cinnamon  
Rolls



**2/\$6**

17.5 oz

Annie's  
Organic Graham  
Crackers  
(selected varieties)



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

14.1 oz

Organic Valley  
Organic Shredded  
Cheese  
(selected varieties)



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

6 oz

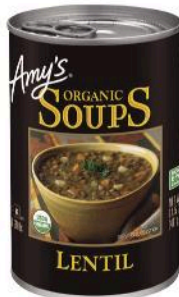
Miyoko's  
Organic Vegan  
Roadhouse  
Cheese Spread  
(selected varieties)



**\$4<sup>49</sup>**

8 oz

Amy's  
Organic Soup  
(selected varieties)



**2/\$5**

14.1-14.5 oz

Muir Glen  
Organic Pasta Sauce  
(selected varieties)



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

25.5 oz

Good Health  
Avocado Oil  
Potato Chips



**2/\$5**

5 oz

Prices & varieties may vary by location. Some items or varieties may not be available at all stores or on the same days in the month of December.





# Beet Hummus

Serves 4-6

- 2 small, cooked beets, chopped (approx. ½ c)
- 15 oz chickpeas, drained and rinsed
- ½ lemon, juiced
- ⅓ c tahini
- 2 T olive oil
- 2-3 large garlic cloves, peeled
- ½ tsp sea salt

Combine beets, chickpeas, lemon juice, tahini, olive oil, garlic and salt in the bowl of a food processor; pulse until puréed. Add in water, a tablespoon at a time while processor is running, until smooth and creamy. Place hummus in a serving bowl and serve with your favorite chips or crackers.

**Lotus Foods**  
**Rice Ramen**  
(selected varieties)

**2/\$3**

2.8 oz



**Kettle**  
**Organic Potato**  
**Chips**

**2/\$5**

5 oz



**Late July**  
**Clásico Tortilla**  
**Chips**  
(selected varieties)

**2/\$5**

5.5 oz



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

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

32 oz



**Happy Baby**  
**Organic Superfood**  
**Puffs**

**\$2<sup>49</sup>**

2.1 oz



**Equal Exchange**  
**Organic Baking Cocoa**

**\$5<sup>99</sup>**

8 oz



**Madhava**  
**Organic Agave**  
(selected varieties)

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

23.5 oz



**Mary's Gone Crackers**  
**Organic Super Seed**  
**Crackers**

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

5-5.5 oz



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# Homemade Hot Chocolate

Serves 2

2 c whole milk

2 T cane sugar

4 oz bittersweet chocolate, finely chopped

pinch of ground cinnamon

mini marshmallows

freshly grated nutmeg

Combine milk and sugar in a small saucepan. Heat milk over medium-low heat, whisking frequently until hot. Do not boil. Add chopped chocolate and cinnamon, whisking briskly until incorporated. Pour into serving mugs, sprinkle mini marshmallows and grated nutmeg on top. Serve immediately.

**MI-DEL**  
**Ginger Snaps**  
(selected varieties)

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

8-10 oz



**Little Secrets**  
**Crispy Wafers**  
(selected varieties)

**2/\$3**

1.4 oz



**Alter Eco**  
**Organic Chocolate Bar**

**2/\$6**

2.65-2.82 oz



**Hu**  
**Chocolate Bar**  
(selected varieties)

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

2.1 oz



**Celestial Seasonings**  
**Tea**  
(selected varieties)

**\$2<sup>29</sup>**

20 ct



**Choice Organic Teas**  
**Organic Tea**  
(selected varieties)

**2/\$7**

16 ct



**Chocolove**  
**Chocolate Bar**  
(selected varieties)

**2/\$4**

3.1-3.2 oz



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**Essentia  
Alkaline Water**

**\$1<sup>79</sup>**

1.5 liter



**Eternal  
Naturally Alkaline  
Spring Water**

**\$1<sup>79</sup>**

1.5 liter



**Lakewood  
Organic Pure Aloe  
Juice**

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

32 oz



**Yerba Prima  
Psyllium Whole  
Husks**

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

12 oz



**NOW Foods  
Peppermint Essential  
Oil**

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

1 oz



**Aura Cacia  
Lavender Essential  
Oil**

**\$7<sup>99</sup>**

.5 oz



**Vibrant Health  
Green Vibrance**

**\$41<sup>99</sup>**

11.92 oz



**Jarrow Formulas  
Bone-Up**

**\$17<sup>49</sup>**

240 cap



**Natural Factors  
Whole Earth & Sea™  
Men's & Women's  
Multivitamin &  
Mineral  
(selected varieties)**

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

60 tab



**AURA CACIA®**

*Focusing Lavender  
and Rosemary  
Diffusion*

**INGREDIENTS:**

- 6 drops Aura Cacia Lavender Essential Oil
- 12 drops Aura Cacia Rosemary Essential Oil
- Essential oil diffuser

**DIRECTIONS:**

In diffuser, combine essential oils. Operate diffuser according to directions, and refresh with additional oils as needed.

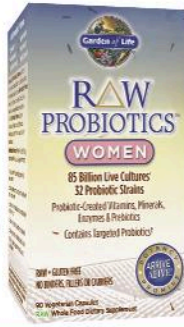
For more gift ideas & holiday recipes, go to [auracacia.com](http://auracacia.com)

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**Garden of Life  
Raw Probiotics**

**\$41<sup>99</sup>**  
90 ct



**Renew Life  
Ultimate Flora Extra  
Care Probiotic 50  
Billion**

**\$29<sup>99</sup>**  
30 ct



**Oregon's Wild Harvest  
Organic Astragalus**

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



**Natural Factors  
CurcuminRich®  
Theracurmin®  
30 mg**

**\$19<sup>49</sup>**  
60 vcap



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

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



**ACURE  
Brightening Facial  
Scrub**

**\$6<sup>29</sup>**  
4 oz



**Boiron  
SleepCalm**

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



**JASON  
Powersmile Whitening  
Powerful Peppermint  
Toothpaste**

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



**Andalou Naturals  
Shampoo or  
Conditioner  
(selected varieties)**

**\$6<sup>49</sup>**  
11.5 oz



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We are part of Independent Natural Food Retailers Association (INFRA), a network of independent retailers of all sizes working together to further the future of real food—for our communities and for our planet.

Together, we're able to provide you with discounts on the food you love as well as collaborate to achieve important goals of increasing sustainability and addressing climate change.

**Independent Choice** specials are available at Independent Natural Food Retailers Association member store locations. For more information and a complete listing, please visit [www.naturalfoodretailers.net](http://www.naturalfoodretailers.net)

#### FLORIDA

Abby's Health & Nutrition  
Date & Thyme  
Debbie's Health Foods  
Food for Thought  
Get Healthy  
Grassroots Natural Market  
Nassau Health Foods  
Native Sun  
Natural Foods Market  
Nature's Food Patch  
Nutrition Smart  
Nutrition World  
Peggy's Natural Foods  
The Green Apple Health Foods  
Wright's Natural Market

#### GEORGIA

Brighter Day Natural Foods  
Farmer's Natural Foods  
Nature's Corner Market  
Nature's Pick Market  
Nuts 'n Berries Healthy Market  
Westview Corner Grocery

#### NORTH CAROLINA

Apple Crate Natural Market  
Food Matters Market  
Harmony Farms Natural Foods  
Living Well Down East  
Lovey's Market  
Nature's Own  
Organic Marketplace  
West Village Market & Deli

#### SOUTH CAROLINA

14 Carrot Whole Foods  
Bay Naturals  
Belue Farms  
Natural Foods Market  
Rosewood Market & Deli

#### TENNESSEE

Grubb's Grocery  
The Turnip Truck  
Natural Market

