



**Nov  
2023**



**Wholesome  
Organic Brown Sugar**

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



**Farmer's Market  
Organic  
Pumpkin Pie Mix**

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

**Wholly Wholesome  
Organic  
Pie Shell**



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



**\$3<sup>79</sup>** Dandies  
Vegan  
Marshmallows  
10 oz

**Earth Balance  
Organic Vegan  
Whipped  
Buttery  
Spread**



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

**Alden's Organic  
Organic  
Ice Cream**  
(selected varieties)



**\$8<sup>29</sup>**  
48 oz



**\$6<sup>29</sup>** Lily's  
Chocolate  
Baking Chips  
9 oz

**CADIA  
Organic  
Cranberry  
Sauce**



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

**841 S Ponce de Leon Blvd, St Augustine, FL 32084**

# November 2023

Lundberg Family Farms  
Wild Blend Rice



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

Let's Do...Organic  
Organic  
Shredded  
Coconut



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

Dr. Bronner's  
Organic  
Coconut Oil



**\$7<sup>79</sup>**  
14 oz

Chosen Foods  
Avocado Oil  
Spray



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

Bob's Red Mill  
Arrowroot  
Starch



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

Birch Benders  
Organic  
Pancake  
& Waffle Mix  
(selected varieties)



**\$4<sup>29</sup>**  
14-16 oz

SweetLeaf  
Liquid Stevia  
(selected varieties)



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

Bob's Red Mill  
Organic Flour  
(selected varieties)



**\$8<sup>29</sup>**  
5 lb

Bob's Red Mill  
Almond Flour



**\$8<sup>49</sup>**  
16 oz

Jovial  
Organic  
Einkorn Flour  
(selected varieties)



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

Spectrum  
Organic  
Shortening



**\$8<sup>79</sup>**  
24 oz



**\$4<sup>79</sup>**  
70 sq ft  
If You Care  
Parchment  
Baking Paper



**\$4<sup>79</sup>**  
50 sq ft  
If You Care  
Aluminum  
Foil

Plus hundreds of other Super Deals at



## Serving Up Some Super Savings

**Pamela's  
Gluten Free  
Pancake &  
Baking Mix**



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

**Simply Organic  
Organic Ground  
Cinnamon**



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



**\$5<sup>79</sup>**  
16 oz **Immaculate  
Organic  
Cinnamon Rolls**



## THANKSGIVING Cinnamon ROLL CAKE

This cake is warm, comforting, and easier to make than you might think! Goo-ey cinnamon with a hint of pumpkin makes it perfect for a cozy, fall-inspired brunch!



*Compliments of Leanna Noel  
Diane's Natural Market  
Assistant Manager*



### WHAT YOU NEED

2 cans of *Immaculate Cinnamon Rolls*  
1/4 cup *Wholesome Organic Brown Sugar*  
2 Tablespoon *Simply Organic Ground Cinnamon*  
1 can *Farmer's Market Organic Pumpkin Pie Mix*  
1 box of *Pamela's Classic Vanilla Cake Mix*  
2 sticks (1 cup) unsalted *Myiokos Vegan Butter*, softened  
4 ounces *Organic Valley Cream Cheese*, softened  
2 Tablespoons unsalted *Myiokos Vegan Butter*, softened  
2/3 cup *Wholesome Powdered Sugar*  
1 teaspoon pure vanilla extract  
*Chosen Foods Avocado Oil non-stick Spray*  
*If You Care Aluminum Foil*

### HOW TO MAKE IT

Preheat oven 375°. Lightly spray a 13"x 9" inch baking pan with avocado oil spray or line the pan with parchment baking paper. Open 2 cans of Cinnamon Rolls and cut into large pieces with scissors into the baking pan. Arrange loosely to cover the bottom. Mix together the brown sugar and cinnamon. Sprinkle all over the dough. Spread the pumpkin pie mix over the cinnamon rolls. Layer the bag of vanilla cake mix evenly over the pumpkin pie mix. Dot the two sticks of softened butter liberally all over the cake mix and spread it evenly making sure to cover every inch of the top of the cake mix.

Cover with foil and bake 30 minutes. After 30 minutes, uncover and bake 10-15 minutes longer to brown the top. Remove and let cool for 10 min.

In a medium bowl beat the cream cheese on high speed until smooth and creamy. Add 2 Tablespoons softened butter and beat until smooth and combined. Beat in the confectioners' sugar and vanilla until combined.

Drizzle the cream cheese icing over the top. ENJOY!

**30% or MORE off of our Every Day Low Prices**

# November 2023

## Catalina Crunch Keto Friendly Cereal

(selected varieties)



**\$6<sup>49</sup>**  
8-9 oz

## Pacific Foods Organic Broth

(selected varieties)



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

## Once Again Nut Butter Organic Tahini

(selected varieties)



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

## St. Dalfour French Fruit Spread

(selected varieties)



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

## Late July Organic Tortilla Chips

(selected varieties)



**2/\$<sup>7</sup>**  
7.4-10.1

## Vegan Rob's Puffs

(selected varieties)



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

## Back to Nature Crackers

(selected varieties)



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

## Crunchmaster Multi-Seed Crackers

(selected varieties)



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

## UNREAL Chocolate Bars



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

## Endangered Species Chocolate Bar

(selected varieties)



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

## Theo Organic Chocolate Bar

(selected varieties)



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

## Panda Licorice

(selected varieties)



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

Plus hundreds of other Super Deals at



# Serving Up Some Super Savings

**Lakewood  
Organic Pure  
Cranberry Juice**



**\$8<sup>99</sup>**  
32 oz

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



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

**Goldthread  
Plant Based  
Tonic**  
(selected varieties)



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

**Vita Coco  
Coconut Water**  
(selected varieties)



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



**\$5<sup>49</sup>**  
6/12 oz  
Zevia  
Zero Calorie  
Soda

**Califia Farms  
Almondmilk**



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

**Yogi  
Tea**  
(selected varieties)



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

**Peter Rabbit Organics  
Organic  
Baby Food  
Pouch**  
(selected varieties)



**\$1<sup>89</sup>**  
4-4.4 oz

**Primal Kitchen  
Dressing**  
(selected varieties)



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

**Muir Glen  
Organic  
Tomatoes**  
(selected varieties)



**2/\$3**  
14.5 oz

**Eden  
Organic  
Beans**  
(selected varieties)



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

**STELLA ROSA**

**TROPICAL SPLASH  
WINE COOLERS 8 CANS**

**\$9.99!**  
was \$19.99  
while supplies last

**Real Taste  
COMES NATURALLY**

**30% or MORE off of our Every Day Low Prices**

# November 2023



**Green Valley Creamery**  
Organic  
Lactose Free  
Cream Cheese  
**\$3<sup>79</sup>**  
8 oz



**Rumiano**  
Organic  
Cheese  
**\$4<sup>79</sup>**  
8 oz (selected varieties)

**Daiya**  
Dairy-Free  
Cheese  
Style Slices  
(selected varieties)



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

**Nuts for Cheese**  
Organic Vegan  
Cheese  
(selected varieties)



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

**Miyoko's**  
Organic Cultured  
Vegan Butter



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

**Miyoko's**  
Organic  
Vegan  
Mozzarella



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

**Brown Cow**  
Cream Top  
Whole Milk  
Yogurt



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

**Bitchin' Sauce**  
(selected varieties)



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

**Forager Project**  
Organic  
Cashewmilk  
Yogurt  
(selected varieties)



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



**Organic Valley**  
Organic  
Shredded Cheese  
(selected varieties)

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



**Organic Valley**  
Organic  
Cream Cheese

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



**Organic Valley**  
Organic  
Cream Cheese Spread

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

**Plus hundreds of other Super Deals at**



# Serving Up Some Super Savings

**Cascadian Farm Organic  
Organic  
Potatoes**

(selected varieties)



**2/\$7**

12-16 oz

**Bonafide Provisions  
Organic  
Bone Broth**



**\$7.99**

1.5 lb

**Rudi's Bakery  
Organic Bread**

(selected varieties)



**\$4.79**

22 oz

*Mary's Free Range*  
**TURKEY**



No Antibiotics Ever  
No Preservatives  
Fed a Vegetarian Diet  
No Added Hormones

**\$5.99/lb**

**American Health  
Super Papaya  
Enzyme Plus  
Chewable**



**\$8.99**

180 tab

**Boiron  
Chestal Honey**



**\$8.99**

6.7 oz

**Garden of Life  
Collagen  
Peptides**



**\$34.99**

560 g

**Bach  
Rescue Remedy  
Pastilles**



**2/\$13**

50 g

**ChildLife Essentials  
Liquid Vitamin C**



**\$5.79**

4 oz

**Solaray  
D-Mannose  
with CranActin**



**\$19.99**

60 ct

**30% or MORE off of our Every Day Low Prices**



Where Lower Prices  
Come Naturally



Bluebonnet Nutrition  
Liquid Calcium  
Magnesium  
Citrate



**\$14<sup>79</sup>**  
16 oz

Natural Factors  
DGL 400 mg  
Chewable



**\$13<sup>99</sup>**  
90 tab

Mrs. Meyer's Clean Day  
Liquid Dish Soap  
(selected varieties)



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

RidgeCrest Herbsals  
ClearLungs  
Extra Strength



**\$17<sup>99</sup>**  
60 vcap

Herbatint  
Permanent  
Hair Color Gel  
(selected varieties)



**\$13<sup>99</sup>**  
4.56 oz

## THE NEW YOU MIRACLE BAND

**CHANGE YOUR FREQUENCY  
CHANGE YOUR LIFE!**

PROTECTION FROM 5G  
PAIN RELIEF THAT WORKS!




**ALLEVIATES**  
ARTHRITIS PAIN  
FIBROMYALGIA  
CARPAL TUNNEL  
JOINT ACHES  
BODY ACHES  
SEASICKNESS  
**IMPROVES**  
STRENGTH AND BALANCE



*"If you could eliminate  
certain outside  
frequencies that  
interfered in our body,  
we would have greater  
resistance toward  
disease."*

NIKOLA TESLA



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