

NOV

HUCKLEBERRY'S

NATURAL ★ MARKET

2020

NATURAL NEWS & SAVINGS

Happy
Thanksgiving

Whether your holiday bird is from Mary's, or "bird free" and plant based, we've got you covered with the best choices and the best sides available!

HOLIDAY SPECIAL

Danisa
Butter Cookies
5.7-oz.

\$2.39

16-oz.
\$5.99

Mary's
Fresh Turkeys

NonGMO
\$2.99 lb.

Organic
\$3.99 lb.

No Evil Foods
The Pardon
Meatless Roast
26-oz.

\$16.99



Tofurky

19-oz. Ham Style Roast
26-oz. Vegetarian Roast

\$12.99

35-lb. Vegetarian
Holiday Feast
\$24.99



Field Roast
Meat Free Roast

1-lb. Celebration
\$5.99

2-lb. Celebration Roast
\$13.99

26-oz. Hazelnut Cranberry
\$16.99



Woodstock Organic
Cranberry Sauce

14-oz. Jellyed

2/\$5

14-oz. Whole

2/\$7

Wholly Wholesome
Organic Pie

25.5-oz. Pumpkin

26-oz. Apple

\$7.99

Kettle & Fire
Chicken or Beef
Cooking Broth
32-oz.

\$3.29



Imagine Organic

Selected Varieties

13.5-oz. Gravy

2/\$4

32-oz. Broth

2/\$6

32-oz. Bone Broth

2/\$7

Farmers Market
Organic

Selected Varieties

15-oz. or 16-oz.

2/\$4

Mason Dixie Biscuits

17-oz. Buttermilk or Cheddar

\$4.99



Melt Organic

4-ct. Buttery Sticks

13-oz. Buttery Spread

\$3.99

Truwhip
Whipped Topping

Selected Varieties

9-oz. Or 10-oz.

\$2.99

Dry Sparkling Soda

25.4-oz. Orange or Cranberry

\$4.69

Lakewood
Pure Cranberry Juice

32-oz.

\$6.99



Prices Effective October 28th Through December 1st, 2020

(Some items may not be available in all areas.)



LAKANTO®

Low-Carb Spiced Pumpkin Cream Cheese Roll

from lakanto.com

INGREDIENTS

Pumpkin Spice Sheet Cake
1 pkg. Lakanto Pumpkin Spice Muffin & Bread Mix
3 eggs
¾ cup water
⅓ cup coconut oil, melted & cooled

Cream Cheese Filling

8 oz. cream cheese, room temp
(Sub greek yogurt cream cheese)
½ cup Lakanto 2X Powdered Monkfruit Sweetener
1 tsp vanilla extract
2 Tbsp heavy cream
(Sub milk or dairy free milk)



Prep: 10 m Bake: 10 m Chill: 1 h
Serves 8

INSTRUCTIONS

1. Preheat the oven to 350 degrees. Line a small jelly roll pan (9x13) with parchment paper. Spray with non-stick spray and set aside.
2. In a large bowl, combine 1 package Lakanto Pumpkin Spice Muffin & Bread mix, eggs, water, and oil. Whisk until ingredients are mixed well.
3. Pour onto the prepared pan and spread out the batter evenly.
4. Bake for 10-12 minutes or until fully baked. Allow to slightly cool on the pan while you make the filling.
5. In a medium bowl, combine the softened cream cheese, Lakanto powdered sweetener, vanilla extract, and heavy cream.
6. Using a hand mixer, blend ingredients together until smooth.
7. Carefully spread the filling evenly over the cooled cake. Not all the filling will fit on the cake, but you can keep the rest for extra filling on the side!
8. Carefully remove the cake with the parchment paper from the pan to roll. Starting on one of the shorter ends of the cake, gently roll the cake into the shape of a log. This part takes patience! Try and spread your hands along the log to keep the cake from cracking as it rolls. Use the parchment paper to help you, but don't roll the paper into the log. Use the parchment paper to help add support to the outside of the log. It won't be perfect, but it will be yummy!
9. Once it is rolled, wrap the log with the parchment paper, seal in a ziplock bag, and chill for at least 30 minutes.
10. Remove the roll from the refrigerator and slice!
11. Sprinkle with powdered sweetener before serving.

Lakanto Monkfruit

Selected Varieties
8.29-oz. Classic or Golden

\$4.69

3-oz. Chocolate Bar

\$4.99

9.7-oz. Brownie Mix

\$6.99

16-oz. Chocolate Syrup

\$7.79

16-oz. Sweetener

\$8.49



Keto

2

HUCKLEBERRY'S
NATURAL ★ MARKET



PNW PRODUCT

Franz
Selected Varieties
15-oz. to 27-oz. Organic Bread or Buns
\$3.99

12-oz. to 20-oz. Gluten Free Bread, Buns or Bagels
12-ct. Keto Buns
20-oz. Keto Bread
\$4.99

Mountain Valley Spring Water
Selected Varieties
1-Liter
\$1.79

Nixie Organic Sparkling Water
Selected Varieties
8-ct.
\$4.99

Organic Valley
6-oz. Shredded Cheese
\$4.39

7.5-oz. Ghee

\$8.79

13-oz. Ghee

\$13.99

Mozaics Organics Popped Veggie & Potato Chips
Selected Varieties
3.5-oz.

2/\$6

Mori-Nu Tofu
Selected Varieties
12-oz. or 12.3-oz.

2/\$3

12-oz. Organic

2/\$4

Milkadamia

Selected Varieties

16-oz. Creamer

2/\$6

8-oz. Buttery Spread

2/\$7

64-oz. Macadamia Milk

\$5.99

Malk Nut Milk

Selected Varieties

28-oz.

\$5.79

Huney Jun Organic Kombucha
Selected Varieties

12-oz.

2/\$6

Helps Functional Tea

Selected Varieties

16-ct.

2/\$7

Clipper Organic Tea

Selected Varieties

20-ct.

2/\$6



PNW PRODUCT



Plant Based



Plant Based

PNW PRODUCT



New!



Oct 28 - Dec 1, 2020

Recycle This Flyer

The Coconut Collaborative
Coconut Yogurt
Selected Varieties
4.2-oz.

\$1.79

Califia Farms Creamer
Selected Varieties
2.4-oz. or 32-oz.

\$4.29

Blue Diamond
Almond Breeze Almondmilk
Selected Varieties
64-oz.

2/\$6

Pukka Organic
Selected Varieties
20-ct. Tea

\$4.29

\$7.99

Alkaline 88 Water
Selected Varieties
16.9-oz. Flavor-Infused Water

2/\$3

1.5 Liter Himalayan Mineral Water

2/\$4

3 Liter Himalayan Mineral Water

\$3.29

1 Gallon Enhanced Alkaline Water

\$3.99

Wonder Melon
Cold Pressed
Watermelon Juice
8.45-oz. Basil or Cayane

2/\$5

Essentia Ionized Water
1 Liter

3/\$4

Lakewood Organic
Pure Tart Cherry Juice
32-oz.

\$6.99

Huckleberry's
Organic Coffee
12-oz.

\$8.99

Bulk
\$9.49 lb.

Virgil's
Zero Sugar Soda
Selected Varieties
6-ct.

\$5.99

Reed's
2-oz. Original or Energy Ginger Shot

\$2.19

4-ct. Zero Sugar Ginger Brew

\$5.29

Zyn Holistic
Wellness Drink
Selected Varieties
16-oz.

2/\$5



Killer Pumpkin Port Cupcakes with Cream Cheese Frosting

from miyokos.com

INGREDIENTS

Cupcakes

- 1 cup pumpkin (canned)
- 1 cup sugar
- 1/3 cup ruby red Port
- 1 1/2 tsp. cinnamon
- 1 Tbs. + freshly grated ginger
- 1/4 teaspoon grated nutmeg
- 1/2 cup butter
- 1 1/2 cups almond milk
- 2 cups AP flour
- 1 tablespoon baking powder
- 1/4 tsp. sea salt
- 4 teaspoons apple cider vinegar
- 8 ounces Miyoko's Classically Plain Cream Cheese (can be out of the refrigerator)
- 8 ounces Miyoko's Cultured European Style Vegan Butter, room temperature
- 1 cup powdered sugar
- 1/4 cup maple syrup
- 1 tsp. vanilla



Serves 18

INSTRUCTIONS

1. Preheat the oven to 350°F.
2. In a bowl, combine the pumpkin, sugar, port, and spices and mix well with a whisk or wooden spoon.
3. Melt the butter in a microwave or stovetop and mix in well, then add the milk and mix well.
4. In a separate bowl, sift together the flour, baking powder, and sea salt. Use a wire whisk to beat in the flour, and mix well for 60 seconds or more until no lumps appear. Finally, whisk in the vinegar.
5. Line muffin tins with paper liners of choice. Using an ice cream scoop, fill 18 liners almost to the top.
6. Bake at 350°F for 25 minutes, or until lightly browned and the top is springy to the touch. Makes 18 cupcakes.
7. FROSTING
Place all ingredients in a stand mixer and whip until light, creamy, and fluffy.



Miyoko's Vegan Organic
Selected Varieties

8-oz. Cream Cheese

\$4.49

8-oz. Butter

\$4.79

8-oz. Roadhouse Cheese Spread

\$4.99

8-oz. Mozzarella Cheese

\$6.69

6.5-oz. Cheese Wheel

\$6.99

6.5-oz. Sharp Farmhouse Nut Cheese

\$7.99



3

Oct 28 - Dec 1, 2020

HUCKLEBERRY'S
NATURAL ★ MARKET

Recycle This Flyer

Brew Dr. Kombucha
Selected Varieties
14 oz.

2/\$4

Topo Chico Sparkling Mineral Water

Selected Varieties
12-oz. Bottle
4-ct. Bottles

\$3.69

Tazo

Selected Varieties
20-ct. Tea
32-oz. Chai Concentrate

2/\$7

Qure Alkaline Water

.5 Liter

10/\$10

Blue Diamond Nut Thins

Selected Varieties
4.25-oz.

2/\$6

Back to Nature Nut Mixes

Selected Varieties
9-oz.

\$6.99

Vegan Rob's Puffs

Selected Varieties
3.5-oz.

2/\$5

Artisan Tropic Strips

Selected Varieties
4.5-oz.

2/\$6

Sabor Mexicano

Home Made

Selected Varieties
6-oz. Kettle Papitas

\$3.29

12-oz. Tortilla Chips

\$4.49

Pirate's Booty Puffs

Selected Varieties
4-oz. or 4.5-oz.

2/\$6

Pig Out

Pigless Pork Rinds

Selected Varieties
3.5-oz.

\$3.29

Kettle Brand Chips

Selected Varieties
4.2-oz. or 5-oz.

2/\$5

From the Ground Up Snacks

Selected Varieties
4-oz. or 4.5-oz.

2/\$6

Fody Food Co.

12-oz. Original BBQ Sauce
16-oz. Mild or Medium Salsa
16.8-oz. Ketchup

\$4.49

19.4-oz. Pasta Sauce

\$7.39



My Brother's Salsa

Selected Varieties
11-oz. or 16-oz.

\$4.99

Boulder Canyon Potato Chips

Selected Varieties
10-oz.

\$4.29

Harvest Snaps

Selected Varieties
3-oz. or 3.3-oz.

2/\$4

Natierra

Freeze Dried Fruit

Selected Varieties
7-oz.

2/\$6

Madécasse Chocolate Bars

Selected Varieties
2.64-oz.

2/\$5

Kalahari Biltong

Air Dried Beef

Selected Varieties
2-oz.

\$5.99

IQ Bars

Selected Varieties
1.6-oz.

2/\$4

Cocomels

Organic Chocolate

Covered Caramels

Selected Varieties
1-oz.

2/\$3

3-oz. or 3.5-oz.

\$3.99

Back to Nature

Crackers

Selected Varieties
4-oz. to 8.5-oz.

2/\$6

Undercover Quinoa

Selected Varieties
2-oz.

\$3.29

Bakeology

Gluten Free Cookies

Selected Varieties
6-oz.

\$4.79

Rawkin Raw

Organic

Selected Varieties
2-oz. Macaroons

2/\$6

Chocolate Truffles

3-oz.

\$5.99

Berra Bites

Dark Chocolate

3.5-oz. Passion Fruit
or Mixed Berry

2/\$7

Oct 28 - Dec 1, 2020

HUCKLEBERRY'S
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Recycle This Flyer

FROZEN

Wholly Wholesome

Organic
14.9-oz. Gluten Free Pie Shell
16-oz. Pie Dough

\$5.99

Field Roast Sausage

Selected Varieties
12.9-oz.

\$4.99

Silly Zak's Gluten Free

2-ct. Pie Crust

\$6.49

22-oz. Pumpkin Pie
24-oz. Apple Pie

\$9.99

Alden's Organic

Ice Cream
Selected Varieties

48-oz.

\$6.99

Keto Pint

Selected Varieties

16-oz. Ice Cream

\$4.99

4-ct. Gluten Free Bars

\$5.99

Pitaya Organic

Superfruit
12-oz. Passionfruit or Watermelon

2/\$6

12-oz. Jackfruit or Dragonfruit

\$3.99

No Evil Foods

Selected Varieties

10-oz. or 12-oz.

\$6.99

The Meatless Farm Co.

Plant Based
8-oz. Burger
8.46-oz. Sausage

\$4.49

10-oz. Breakfast Sausages

\$5.29

Good Seed

Hempseed Burgers
Selected Varieties

3-ct.

\$4.99

Amy's Organic

Mac & Cheese
Selected Varieties

8-oz. or 9-oz.

\$3.29

Alexia

Selected Varieties

15-oz. to 19-oz. Frozen Potatoes

2/\$7

11-oz. Onion Rings

20-oz. or 32-oz. Fries

\$3.99

Cascadian Farms

Selected Varieties

10-oz. Vegetable Blends

2/\$4

10-oz. or 16-oz. Vegetables

2/\$5

24-oz. Powered by Plants Blends

\$5.99

Birch Benders Waffles

6.56-oz. Paleo or Protein

\$3.99

think!

Think!

Selected Varieties

1.41-oz. Protein & Fiber Bars

10/\$10

1.41-oz. to 2.29-oz.

High Protein Bars

\$1.79

1.76-oz. Oatmeal

2/\$3

6-ct. Oatmeal

2/\$7



5

HUCKLEBERRY'S
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Oct 28 - Dec 1, 2020

Recycle This Flyer

theo

PNW PRODUCT

Theo Organic Chocolate
Selected Varieties
1-oz. Bar
10/\$10
3-oz. Holiday Bars
2/\$5
1.3-oz. Peanut Butter Cups or Bites
\$1.69
1.9-oz. Fantasy Bars
\$1.79
3-oz. Bars
2/\$5

THEO ORGANIC CHOCOLATE
sea salt 70% CHOCOLATE
FAIR TRADE
PEPPERMINT STICK
BREAD & CHOCOLATE
ORGANIC peanut butter & jelly cups 55% PEANUT BUTTER
ORGANIC salted almond 70% CHOCOLATE

This Saves Lives Bar
Selected Varieties
1.4-oz.
2/\$3

Birch Benders Pancake & Waffle Mix
Selected Varieties
16-oz.
\$3.99
10-oz. to 16-oz. Paleo or Protein
\$4.99
10-oz. Keto
\$5.99

Golden Temple Granola
Selected Varieties
\$3.69 lb.

Immaculate Baking Co
Selected Varieties
8-oz. to 17.5-oz.
2/\$6

Bob's Red Mill
Selected Varieties
1.76-oz. Bobs Better Bars
2/\$3
16-oz. Organic Coconut Flour
\$3.99

Nupasta Organic
Low Calorie Pasta
Selected Varieties
7.4-oz.
\$2.79
7.4-oz. Organic
\$3.29

PNW PRODUCT

THIS SAVES LIVES
BIRCH BENDERS PANCAKE & WAFFLE MIX
GLUTEN FREE
IMMACULATE IMMEDIATE Flaky Biscuits
BOB'S RED MILL PEANUT BUTTER APPLE SPICE & OATS BOB'S BETTER BAR
BOB'S RED MILL ORGANIC COCONUT FLOUR
nupasta THE LOW CALORIE PASTA KONAIC PASTA GLUTEN FREE 25 CAL. PER PACK

Montana Mex Seasoning
Selected Varieties
2.4-oz. or 3.4-oz.
\$4.99

Muir Glen Organic Tomato Sauce
Selected Varieties
28-oz.
2/\$4

Nutiva
8-oz. Hemp Seed Oil
\$5.99
12-oz. Chia Seeds
\$6.99
23-oz. Extra Virgin Coconut Oil
\$12.99

Namaste Gluten Free
16-oz. Muffin Mix
\$3.99
26-oz. Chocolate or Spice Cake Mix
\$5.29

Happy Baby Organic Pouches
Selected Varieties
3.5-oz. or 4-oz.
2/\$3

Pyure Stevia
40-ct.
2/\$6
1.8-oz. Liquid
\$3.99

Egregio
Extra Virgin Olive Oil
17-oz. Delicate Fruit or Intense Fruit
\$12.99
17-oz. Organic
\$15.99

Foodstirs Organic Baking Mixes
Selected Varieties
11.95-oz. to 23-oz.
\$4.49

Flavorganics Extracts
Selected Varieties
2-oz.
\$4.99
2-oz. Vanilla
\$6.99
4-oz. Vanilla
\$16.99
8-oz. Vanilla
\$26.99

NuNaturals Stevia
100-ct. Packets
\$4.99
2-oz. Liquid
\$5.99

Celtic Sea Salt
16-oz.
\$3.99

PNW PRODUCT

montana mex SEASONING BLEND MILD CHILE SEASONING BLEND
MUIR GLEN ORGANIC DICED TOMATOES
nutiva chia seed ORGANIC SUPERFOOD BLACK
nutiva coconut oil ORGANIC SUPERFOOD
Namaste gluten free Muffin & Scone Mix
Namaste gluten free Chocolate Cake Mix
pyure ORGANIC STEVIA
pyure ORGANIC STEVIA granular sweetener packets
pyure Stevia Free Liquid Stevia Extract
egregio ORGANIC EXTRA VIRGIN OLIVE OIL
foodstirs JUNK-FREE BAKERY ORGANIC WARM APPLE SPICE COFFEE CAKE MIX
flavorganics ORGANIC ALMOND EXTRACT
flavorganics ORGANIC VANILLA EXTRACT
nuNaturals White Stevia Powder
nuNaturals Alcohol Free Stevia
celtic sea salt CELTIC SEA SALT LIGHT GREY CELTIC TOTAL MINERAL BLEND

Oct 28 - Dec 1, 2020

HUCKLEBERRY'S
NATURAL ★ MARKET

Recycle This Flyer

Fillo's
Selected Varieties
8-oz. Rice or Quinoa
10-oz. Beans & Sofrito
\$2.39

Pacific Organic Broth
Selected Varieties
32-oz.
2/\$6

Florida Crystal Cane Sugar
32-oz.
\$4.29

Bee Harmony PNW Raw Honey
12-oz.
\$8.99

Zoup! Beef or Chicken Bone Broth
31-oz.
\$5.99

Mediterranean Organic
Selected Varieties
3.5-oz. Capers
2.5-oz. Green or Kalamata Olives
2/\$5
13-oz. Preserves
8.1-oz. to 8.5-oz. Olives
2/\$7

Spectrum
12-oz. Olive Oil Mayo
14-oz. Organic Coconut Oil
32-oz. Refined Canola Oil
\$5.49
32-oz. Canola Mayonnaise
\$6.49

San Francisco Salt Co. Salt
Selected Varieties
4-oz.
\$3.29

Ryze Gluten Free Flour
32-oz. Blue or Gold
\$4.99

Santa Cruz Organic
Selected Varieties
9.5-oz. Fruit Spread
2/\$7
16-oz. Peanut Butter
\$5.49

Undercover Crispy Quinoa
Selected Varieties
2-oz.
\$3.29

Dr. Bronner's
14-oz. White or Whole Coconut Oil
\$7.99
30-oz. Whole Kernel Coconut Oil
\$14.99



Natural Living



Host Defense Mushrooms
Selected Varieties
16-ct. MycoBotanicals Tea
\$3.99

1-oz. MyCommunity, Reishi or Chaga Extracts
\$12.99
60-ct. Capsules
100-gm. Powder
\$19.99
60ct. MyCommunity or Stamets 7
\$24.99

Giovanni
Selected Varieties
2.75-oz. Serum
\$5.99
8.5-oz. Hair Care
\$6.99
2-oz. to 8.5-oz. 2Chic
\$7.39
24-oz. Value Size
\$15.99

Everyone
Selected Varieties
32-oz. Soap
\$7.99
32-oz. Kids Soap
\$8.89
.45-oz or .5-oz. Essential Oil
\$9.99
16-oz. Shower Gel
\$10.49

Natural Flower Power
Selected Varieties
12-oz. Hand Soap
\$3.29
16-oz. Liquid Dish Soap
2/\$7
32-oz. All Purpose Cleaner
\$3.99

Zhou Nutrition
Selected Sizes & Varieties
25% Off

Dr. Bronner's Sal Suds All Purpose Cleaner
16-oz.
\$6.99
32-oz.
\$9.99



Oct 28 - Dec 1, 2020

HUCKLEBERRY'S
NATURAL ★ MARKET

Recycle This Flyer

Holiday Baking

WITH HUCK'S!

RxSugar
Keto Sugar
30-ct. or 16-oz.
\$7.99

Otto's Natural
Cassava Flour
16-oz.
\$6.99
2-lb.
\$12.99

GloryBee
12-oz. Blackstrap Molasses
\$2.79
12-oz. Extra Virgin Coconut Oil
\$5.59

Wholesome
Organic Sugar
16-oz. Powdered
\$3.99
24-oz. Light or Dark
\$4.59
12-oz. Allulose Granulated
\$5.99
12-oz. Zero
\$6.29

New!

Keto



Mi-Del
Gluten Free
Pie Crust
Selected Varieties
7.1-oz.
2/\$7

Pascha Organic
Semi Sweet
Chocolate
Baking Chips
8.8-oz.
\$4.99

Dandies Vegan
Marshmallows
Selected Varieties
5-oz.
2/\$4
10-oz.
\$3.79

Swerve
Selected Varieties
12-oz. Sugar Replacement
\$5.99
9.3-oz. to 11.4-oz. Baking Mix
\$6.99



HOLIDAY SPICES

Simply Organic
Spices
Selected Varieties
.26-oz. to 5.54-oz.
20% Off

Frontier
Organic Spices
Selected Varieties
.26-oz. to 5.54-oz.
20% Off lb

Vital Farms
Pasture Raised
Large
Grade A Eggs
12-ct.
\$5.99
12-ct. Organic
\$6.99

If You Care
60-ct. Large Baking Cups
\$1.79
70-ft. Parchment Paper
\$4.99



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Recycle This Flyer



www.huckleberrysnaturalmarket.com

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