

JUNE

HUCKLEBERRY'S

2023

NATURAL ★ MARKET

NATURAL NEWS & SAVINGS GET OUT THERE *with Huck's!*



Get the wholesome, delicious on the go snacks you need at Huck's!

LUNA is gluten free with 7-9 grams of plant protein for that perfect addition to your summer back pack!



Luna Bar
Selected Varieties
1.69 or 1.7-oz.
4/\$5

Toodaloo Adaptogenic Trail Mix

Selected Varieties
3.8 to 5-oz.

\$6.49

Vacadillos Carne Seca Air Dried Beef

2-oz. Chile Lime or Habanero

\$5.69

Pickle Juice

2.5-oz. Extra Strength Shots
8-oz. Sport Drink

\$1.59

Alkaline 88 Enhanced Water

2 liter

2/\$4



Bulletproof Protein Crisp Bar

Selected Varieties
1.48-oz.

\$2.89

Noka Organic Superfood Smoothies

Selected Varieties
4.22-oz.

\$2.29

Groundwork Organic Cold Brew Coffee

10.1-oz.

2/\$7

12-oz. Classic or Bitches Brew Nitro

\$3.99



Clean Age Natural Deodorant

Selected Varieties
2-oz.

\$8.99

Kind Lips Organic Lip Balm

Selected Varieties
.15-oz.

2/\$7

Kuli Kuli Moringa

Selected Varieties
6-oz. Superfood Powder

\$12.99

60-ct. Gummies

\$15.99



Prices Effective May 31st Through June 27th, 2023

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

Back to Nature

Since 1960

Plant Based Snacks

While the business has grown, their mission has never changed: Give people truly delicious foods made from recipes inspired by nature.

Since 1960 Back to Nature® has been creating delicious and flavorful recipes inspired by nature. They carefully select their ingredients to create great-tasting products that you can enjoy all day long.

Back to Nature has been a proud partner of The Nature Conservancy for more than a decade and continues to support initiatives focused on conservation. Back to Nature is active with The Nature Conservancy's Plant A Billion Trees Program and so far they have helped plant more than 260,000 trees to help combat deforestation. They believe a healthier planet leads to healthier and happier people and we want to do their part to contribute.



Back to Nature Plant Based Snacks

Selected Varieties
4 to 8.5-oz. Crackers

\$3.99

9.5 to 12-oz. Cookies

\$4.99

11-oz. Granola

\$5.29

6.4 or 8.5-oz. Fudge Cookies

\$5.49

9-oz. Nuts

\$7.99

Alexandre Organic A2
Selected Varieties
12-oz. Milk

2/\$5

24 or 28-oz. Yogurt

\$4.99

Daiya Dairy-Free

Selected Varieties

7.1-oz. Shreds

7.1-oz. Block

7.8-oz. Slices

8-oz. Cream Cheeze

\$4.39

6-ct. Cheeze Sticks

\$5.29

Clover Sonoma

Selected Varieties

8-oz. Butter

32-oz. Milk

\$4.39

Wayfare Dairy-Free

Selected Varieties

8-oz. Cream Cheese

2/\$6

12-oz. Sour Cream

12 or 14-oz. Whipped Butter

\$3.99

4-ct. Pudding

\$4.99

Chobani Cold Brew

Selected Varieties

32-oz.

\$5.39

Good Culture Cottage Cheese

Selected Varieties

16-oz.

\$4.99

Mush Overnight Oats

Selected Varieties

5-oz.

2/\$4

Lifeway Kefir

Selected Varieties

32-oz.

\$4.49

32-oz. Organic

\$4.99

Redwood Hill Farm Goat Milk Yogurt

Selected Varieties

6-oz.

\$2.19



May 31 - June 27

HUCKLEBERRY'S
NATURAL ★ MARKET

Recycle This Flyer

Applegate Meats

Selected Varieties
2.6 to 15-oz.

15% Off

Siggi's Skyr Yogurt

Selected Varieties
24-oz.

\$5.99

Truly Grass-Fed Butter

8-oz. Salted or Unsalted

\$4.29

8-oz. Ghee

\$7.99

Bear Naked Granola

Selected Varieties
11.2 or 12-oz.

\$5.99

Three Wishes Grain Free Cereal

Selected Varieties
8.6-oz.

\$5.99

Bob's Red Mill Pancake & Waffle Mix

Selected Varieties
24-oz. 10 Grain

2/\$7

24-oz. Organic

\$3.99

14-oz. Protein

\$6.99

13-oz. Paleo

\$8.99

Bachan's Japanese Barbecue Sauce

Selected Varieties
16 or 17-oz.

\$6.99

Cerebelly Organic Baby Food Pouches

Selected Varieties
4-oz.

\$2.79

Namaste Gluten Free

15-oz. Brownie Mix

\$4.99

48-oz. Perfect Flour Blend

\$11.99



Plant-Based Artisans

PLANT BASED GAME CHANGING GOODNESS!

Continuously inspired by the idea that imagination & integrity can elevate your expectations of how amazingly delicious plant-based eating can be!

Try a Kite Hill product this month & save by shopping any Huck's location.

Whole30 Southwestern Dip

from kite-hill.com

Ingredients:

1, 8 oz. Kite Hill Plain Cream

Cheese

½ cup salsa

½ cup sliced black olives,

plus more to top

½ cup chopped cherry or grape

tomatoes, plus more to top

¼ cup sliced green onions,

plus more to top

¼ tsp salt, to taste

hot sauce, to taste (optional)



Time: 45 m Yield: 2 Cups

Directions

Preheat oven to 450° F and line a large baking sheet with parchment paper. Scrub potatoes, and pat dry. Leave skin on. Slice into wedges. Add to a bowl and coat with thoroughly with high heat oil. Sprinkle generously with salt. Lay each slice on the pan in a single layer. Roast for 20-30 minutes, flipping once, halfway through. Roast until fork tender. Roast time will vary depending on thickness of wedges. Broil on middle rack for a few minutes, watching closely, for darker browning if desired.



Kite Hill Dairy Free

Selected Varieties
5.3-oz. Yogurt

\$1.69

8-oz. Sour Cream

\$3.99

8-oz. Dip

\$4.29

16-oz. Yogurt

\$4.59

8-oz. European Style Butter

\$4.99

8-oz. Cream Cheese

\$6.49

8-oz. Ricotta

\$6.99



May 31 - June 27

Recycle This Flyer

New!



USDA ORGANIC

suja
ORGANIC



Introducing Suja Organic!

Their juices and shots are crafted with daily wellness & nutrition in mind. They blend organic fruits, veggies and functional ingredients to empower you with the essentials needed to take charge of you!

Get it at Huck's!

Suja Organic
Selected Varieties
2-oz. Shots

\$2.69

12-oz. Cold-Pressed

\$3.69

12-oz. Elevated Nutrients

\$4.29



May 31 - June 27

HUCKLEBERRY'S
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Recycle This Flyer



Coombs Family Farms

Organic

6-oz. Pure Maple Sugar

\$6.99

16-oz. Grade A

Dark Maple Syrup

\$19.99

Else Plant-Based

7-oz. Baby Cereal

\$5.49

16-oz. Kid's Shake Mix

\$21.99

22-oz. Toddler Formula

\$29.99

Just Organic

8.8-oz. Pomegranate Syrup

12-oz. Date Sugar

\$9.99

Mount Hagen

Instant Coffee

25-ct.

\$7.99

3.53-oz.

\$9.99

Once Again

Selected Varieties

16-oz. Peanut or Sunflower Seed Butter

\$7.99

16-oz. Almond Butter

\$11.49

RX Sugar Organic

Sugar or Syrup

Selected Varieties

16-oz.

\$8.99

White Leaf

Baby Food

Selected Varieties

3.17-oz.

2/\$4

4-ct.

\$4.99

It's Skinny Pasta

Selected Varieties

9.52-oz.

2/\$7

Uncle Lee's

Organic Tea

Selected Varieties

40-ct.

\$3.99

100-ct. Green Tea

\$4.49

FROZEN

Alpha Plant-Based Burrito

Selected Varieties
5 or 5.5-oz.

2/\$7

Hilary's Plant Based

Selected Varieties
7.3-oz. Breakfast Sausage

2/\$7

10 or 11-oz. Burgers

\$4.79

Green Girl Bakeshop Plant-Based Cookie Sandwich

Selected Varieties
5-oz.

\$5.49

Nada Moo Dairy-Free Frozen Dessert

Selected Varieties
16-oz.

\$6.99

Marco Ice Cream

Selected Varieties
16-oz.

\$5.69

Cascadian Farm Organic

Selected Varieties
10-oz. Vegetables

\$3.99

16-oz. Potatoes

\$5.99

16-oz. Powered By Plants

\$10.99

28 to 36-oz. Fruit

\$14.99



My Mochi Ice Cream

Selected Varieties
6-ct.

\$5.49



Noosa Frozen Yoghurt Gelato

Selected Varieties
14-oz.

\$4.29



Ruby Jewel Ice Cream Sandwich

Selected Varieties
5-oz.

2/\$7



Talenti Gelato

Selected Varieties
16-oz.

\$5.79



Tofutti Cuties

Selected Varieties
8-ct.

\$5.49



Applegate Gluten-Free Uncured Beef Corn Dog

4-ct.

\$8.99



Rudi's Organic Bread

Selected Varieties
18-oz. Thin Sliced

\$5.49

22 or 24-oz.

\$5.99

20-oz. Spelt

\$6.49



May 31 - June 27

HUCKLEBERRY'S
NATURAL ★ MARKET

Recycle This Flyer

Silk

Vegan Key Lime Pie Bars

from silk.com

Ingredients:

For the crust:

9 Gluten-free graham crackers, about 4 oz.

½ Cup raw macadamia nuts

2 Tbsp vegan butter, melted

For the key lime pie:

1 ½ Cups raw cashews

1 Cup Silk Original or Unsweetened Coconutmilk

⅔ Cup maple syrup, or ⅓ cup maple syrup + ⅓ cup organic cane sugar

⅔ Cup fresh lime juice, from about 5-7 limes

⅓ Cup coconut oil, melted

1 Tbsp lime zest, from about 4 limes



Time: 25 m Serves 18

Directions

1. Soak the cashews: place the cashews in a bowl and cover with water. Let sit at room temperature for 2-6 hours or in the refrigerator overnight. Drain before using.
2. For the crust: place the graham crackers in the bowl of a food processor. Pulse until they form a fine sand. Pour the graham cracker crumbs into a bowl.
3. Place the macadamia nuts in the now empty food processor. Pulse until they form a fine meal. Add to the bowl with the graham cracker crumbs along with the melted vegan butter and stir to evenly combine.
4. Lightly grease an 8x8 inch baking pan with cooking spray. Press the crust mixture into the pan into an even layer. Freeze for 15 minutes until set before topping with the filling.
5. For the filling: place all the ingredients, except the lime zest, into a high-speed blender. Blend until completely smooth. Add the lime zest and pulse to combine. Pour the mixture on top of the crust. Place the bars in the freezer for 2-4 hours until set. Bars will keep in the freezer for up to a week.
6. Slice while frozen and let come to room temperature for 20 minutes or refrigerator temperature for a couple hours before serving. Enjoy!



Certified



Corporation



Silk Plant-Based Milk

Selected Varieties
64-oz.

\$3.99



HUCKLEBERRY'S
NATURAL ★ MARKET



Tipiak Organic Grains

Selected Varieties
5.1-oz.

2/\$7

Frontier Bulk Herbs & Spices

Selected Varieties
20% Off

Woodstock Organic

Selected Varieties
18-oz. BBQ Sauce

\$5.29

24-oz. Pickles

\$6.99

32-oz. Mayonnaise

\$8.99

ProBar

Selected Varieties
2.1-oz. Energy Chews

2/\$4

2.46-oz. Protein

\$2.29

3-oz. Bar

2/\$5

12 Tides Organic Kelp Chips

Selected Varieties
2-oz.

2/\$7

Once Again Organic Gluten Free Graham Cracker Sandwiches

Selected Varieties
1.59-oz.

2/\$3

Bequet Caramel

Selected Varieties
3.6-oz.

\$4.99

Fat Snax

Selected Varieties
1.4-oz. Cookies

2/\$4

Garden of Eatin' Tortilla Chips

Selected Varieties
16-oz.

\$6.29

Barnana Organic

Selected Varieties
5-oz. Plantain Chips

\$4.49

3.5-oz. Banana Bites

\$4.99

May 31 - June 27

Recycle This Flyer

IQ Bars

Selected Varieties
1.6-oz.

2/\$4

**Kettle Brand
Potato Chips**

Selected Varieties
6.5 to 8.5-oz.

\$3.99

**Kalahari Biltong
Air Dried Beef**

Selected Varieties
2-oz.

\$6.99

Inka Snacks

Selected Varieties
2 or 4-oz.

\$2.29

HighKey Keto Snacks

Selected Varieties
2-oz.

2/\$7

**Heavenly Hunks
Cookies**

Selected Varieties
6-oz.

\$4.49

Genius Keto

Selected Varieties
1.06 or 1.09-oz. Bars

\$1.89

1.13-oz. Chips

2/\$5

**Muddy Bites
Waffle Cone Snacks**

Selected Varieties
2.33-oz.

\$3.99

**Dream Pops
Candy Bites**

Selected Varieties
3-oz.

\$4.99

Late July Organic

Selected Varieties
15.5-oz. Salsa

\$4.39

14.75-oz. Tortilla Chips

\$4.89

**Trupo Treats
Milk Bars**

Selected Varieties
1.4-oz.

2/\$6



NATURAL LIVING



NATUREZWAY

Bamboo

1-ct. Paper Towels

\$4.49

12 or 30 ct.

Compostable Bags

\$4.99

6-ct. Bath Tissue

\$6.59

**Dr. Bronner's
Soap**

Selected Varieties
5-oz. Bar

2/\$7

12-oz. Liquid Hand Soap

\$7.99

24-oz. Body Soap

\$14.99

**Mary Ruth's
Supplements**

Selected Sizes & Varieties

20% Off

Ancient Nutrition

Selected Sizes & Varieties

50-ct. Organic Super
Greens Gummies

\$19.99

180-ct. Organs Blend

11.4 to 15.7-oz.

Bone Broth Protein

\$25.99

60-ct. SBO Probiotics Trinity

\$32.99

Bulletproof

Selected Varieties
16-oz. MCT Oil

\$13.99

14-oz. Brain Octain

\$22.49

14.3-oz. Collagen Protein

\$32.99

**Country Life
Supplements**

Selected Sizes & Varieties

25% Off

May 31 - June 27



Recycle This Flyer

ZICO

ELECTROLYTE HYDRATION FOR THE COCO-NOTS
(& THOSE NEEDING A LITTLE EXTRA HYDRATION...FAST!)

HYDRATE YOUR THIRST FOR LIFE



Zico Hydrate
Selected Varieties
16.9-oz.
2/\$5



HUCKLEBERRY'S
NATURAL ★ MARKET

May 31 - June 27

New!

Tostones Plantain Chips
Selected Varieties
3.53-oz.
2/\$6

Pirate's Booty Aged White Cheddar or Cheddar Blast Plus
4-oz.
2/\$7

Sun Tropics
Selected Varieties
8.46-oz. Pudding
2/\$6
64-oz. Juice or Nectar
\$4.29

SmartSweets
Selected Varieties
1.8-oz. Gummies
2/\$6
3-oz. Lollipops
\$5.99

Sensible Portions Veggie Snacks
Selected Varieties
5-oz.
\$3.59

Seapoint Farms
Selected Varieties
1.58-oz. Dry Roasted Edamame
89¢
3.5 or 4-oz. Dry Roasted Edamame
2/\$4
12 or 14-oz. Edamame
2/\$6
5-oz. Snacks
\$3.29

New!

You Need This Snacks
Selected Varieties
4 to 5.5-oz.
2/\$7

Nixie Organic Sparkling Water
Selected Varieties
8-ct.
\$3.99

Zevia Zero Sugar Soda
Selected Varieties
12-ct.
\$10.99

Recycle This Flyer

Ardor Organic Sparkling Water
Selected Varieties
12-oz.

2/\$5

Alo Aloe Vera Juice Drink
Selected Varieties
16.9-oz.

\$2.29

Better Booch Kombucha
Selected Varieties
16-oz.

2/\$7

Beetology or Wonder Melon Organic Cold-Pressed Juice
Selected Varieties
8.45-oz.

2/\$6

C2O Coconut Water
Selected Varieties
17.5-oz.

2/\$5

Forage Kombucha
Selected Varieties
12-oz.

\$2.29

Evolution Fresh Organic Juice
Selected Varieties
15.2-oz. Strawberry Lemonade

2/\$7

\$4.99

Eternal Spring Water
Liter

2/\$4

CForce Premium Artesian Water
50.7-oz.

2/\$4

Just Ice Tea
Selected Varieties
16-oz.

\$2.29

Daytrip Prebiotic Soda
Selected Varieties
12-oz.

\$2.29



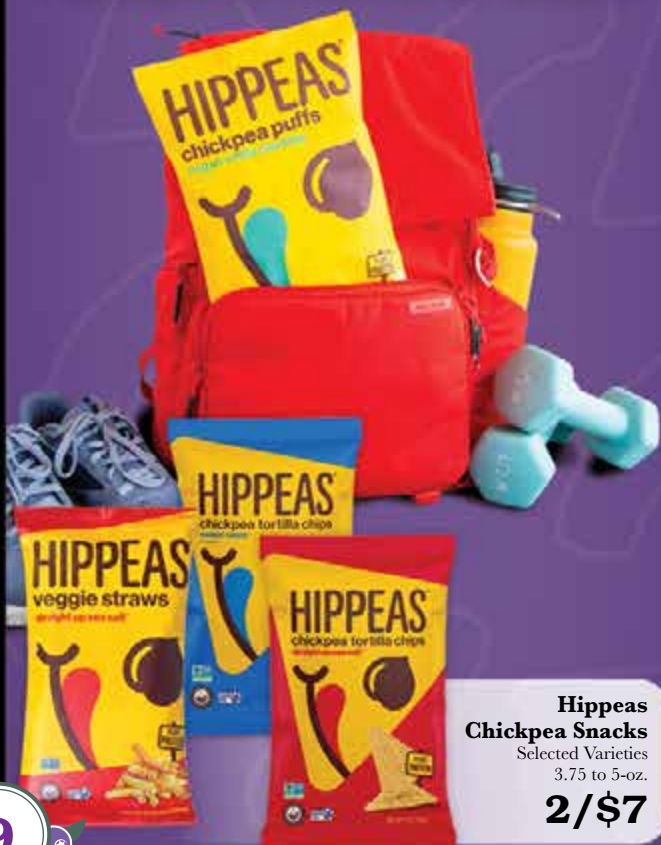
organic chickpea snacks

HIPPEAS®

NON GMO, VEGAN & SASSY

FOR ALL THE HIPPEAS OUT THERE!

CHICKPEA PUFFS & CHIPS



Hippeas Chickpea Snacks
Selected Varieties
3.75 to 5-oz.

2/\$7

May 31 - June 27

HUCKLEBERRY'S
NATURAL ★ MARKET

Recycle This Flyer



VITAMINS AND MINERALS

Kelp, like kale and other leafy vegetables, is low in calories and rich in essential vitamins and minerals. Kelp is specifically high in: Vitamin A and K, as well as minerals including Iodine, Iron, Folate, Calcium, Magnesium and Zinc.

ANTIOXIDANTS

Kelp is high in antioxidants, including carotenoids and flavonoids, which can help fight against disease-causing free radicals and combat oxidative stress that may help protect cardiovascular health and prevent cancer.

IODINE

Kelp is especially rich in iodine, which plays an important role in thyroid regulation and can help boost the body's metabolism.



New!

Akua Kelp Burger
Selected Varieties
6.7-oz.
\$6.49



Chameleon Organic Cold Brew Coffee
Selected Varieties
10-oz.
2/\$7
32-oz.
\$9.99

Izze Sparkling Juice
Selected Varieties
4-ct. 8.4-oz. Cans
\$4.29
4-ct. 12-oz. Bottles
\$5.99

Goldthread Plant Based Tonics
Selected Varieties
2-oz. Shot
2/\$6
12-oz.
2/\$7

Koia Plant Powered
Selected Varieties
12-oz. Smoothie
2/\$7
12-oz. Protein or Keto Smoothie
\$4.49

Kitu
Selected Varieties
11 or 12-oz. Super Coffee
2/\$6
25.4-oz. Super Creamer
\$4.99

New!

Lorina Sparkling Water
Selected Varieties
11.1-oz.
2/\$4

USDA ORGANIC

Brew Dr Kombucha
Selected Varieties
4-ct.
\$8.99

PNW PRODUCT

OWYN Non-Dairy Protein
Selected Varieties
12-oz.
2/\$6
12-oz. Elite
2/\$7
4-ct.
\$8.49
4-ct. Elite
\$8.99

May 31 - June 27

HUCKLEBERRY'S
NATURAL ★ MARKET

10

Recycle This Flyer

Richard's Sparkling Rainwater
12-oz. Bottle or 16-oz. Can

6/\$6

Tejava
Selected Varieties
1 Liter Lemon Black Tea

2/\$5

1 Liter Black Tea

2/\$6

Steaz Organic Yerba Mate

Selected Varieties
16-oz.

\$2.29

Sound Organic Sparkling Water

Selected Varieties
12-oz.

4/\$5

Vina Prebiotic Soda

Selected Varieties
12-oz.

2/\$4

Tulua Ginger Shots

Selected Varieties
2-oz.

2/\$6

Tru Enhanced Sparkling Water

Selected Varieties
12-oz.

\$2.29

Boxed Water is Better

33.8-oz.

2/\$4

6-ct.

\$7.99

Essentia Ionized Water

700-ml.

4/\$5

1.5-Liter

3/\$7

6-ct.

\$9.99

Wingman Smart Energy

Selected Varieties
12-oz.

\$1.89



Arugula Pistou and Eggs on Toast Recipe

from mr-bing.com

Ingredients:

- 2 cups arugula, firmly packed
- 1 cup picked parsley, firmly packed
- 3/4 cup olive oil
- 1/4 teaspoon sea salt
- 1 garlic clove, minced or grated finely
- Thick slices of your favorite rustic loaf bread
- Eggs
- Canola Oil for frying



Total: 20 m Serves 4-8

Directions

1. Put arugula, parsley, olive oil, sea salt, and garlic into a food processor and spin just until everything is coarsely chopped. Don't have a food processor? You can easily mince the greens with a knife then mix with the rest of the sauce ingredients in a bowl!
2. Next, toast your bread slices until just golden but still soft in the middle.
3. On your plate, spread as much of the pistou as you'd like over the toast.
4. Heat a pan over medium heat with the canola oil until shimmering, then add your egg to fry until white is cooked through and yolk is still runny.
5. Gently place the egg on top of the sauced toast, spoon a generous helping of Mr Bing Chili Crisp on top and enjoy!



New!



Mr. Bing Mild or Spicy Chili Seasoning
7-oz.

\$7.99



May 31 - June 27

HUCKLEBERRY'S
NATURAL ★ MARKET

Recycle This Flyer

INTRODUCING THE LITEHOUSE COMPANY FAMILY OF BRANDS!

Employee owned, clean ingredients, organic, & made right here in the PNW!
Stock up all month long at all Huck's locations.



Organicville

Organicville

Selected Varieties
12-oz. Mustard

2/\$7

8-oz. Dressing

\$3.99

13.25 to 24-oz. Sauce
24-oz. Ketchup

\$4.99



Veggiecraft Farms

Cauliflower or Zucchini Pasta

Selected Varieties

8-oz.

2/7

8-oz. Zucchini Spaghetti

\$3.99



SKY VALLEY

Sky Valley

Selected Varieties

12.5-oz. Taco Sauce

13-oz. Enchilada Sauce

\$3.99

18.5-oz. Sriracha Sauce

\$6.99



Green Garden Freeze Dried Herbs

Selected Varieties
.14 to .95-oz.

20% Off



Italian Chopped Salad with Panko Mustard Chicken

from organicville.com

Ingredients:

Chicken:

1 lb. chicken breasts, sliced into tenders

1 egg, lightly beaten

2 Tbsp Organicville® No Added Salt

Stone Ground Mustard

1 tsp honey

salt and pepper, to taste

1 cup panko bread crumbs

1/2 cup grated parmesan cheese

Salad:

1 large head romaine lettuce, chopped

1 cup diced cucumber

1 cup halved cherry tomatoes

1/2 cup pepperoncini, diced

1/2 cup halved kalamata olives

1/4-1/3 cup Organicville® No Added Salt

Italian Vinaigrette

shaved parmesan cheese, for topping



Serves 4

Directions

1. Preheat oven to 400°F.
2. In a small bowl, whisk together egg, mustard, honey, salt and pepper.
3. In a separate bowl, stir together panko breadcrumbs and parmesan cheese.
4. To coat chicken, first coat in the egg/mustard mixture, then transfer to the bread crumb mixture and coat well. Transfer to a baking sheet and repeat with all remaining chicken.
5. Bake chicken for 15-20 minutes, until cooked through and golden brown.
6. Assemble salad in a large mixing bowl and toss well with vinaigrette. Serve topped with chicken and enjoy.



May 31 - June 27



Recycle This Flyer



www.huckleberrysnaturalmarket.com

Facebook.com/HuckleberrysSpokane • Instagram.com/huckleberrysnaturalmarket

