

DECEMBER

# HUCKLEBERRY'S

2023

NATURAL ★ MARKET

## NATURAL NEWS & SAVINGS

### Holiday Baking with Huck's!

#### Crunchy Mint Hot Cocoa

from [huckitchen.com](http://huckitchen.com)

Ingredients:

1 Hu Crunchy Mint Bar

Directions

1. Finely chop two squares of a Hu Crunchy Mint bar for topping and set aside
  2. In a medium sauce pan, combine 3 cups of non-dairy milk (organic coconut preferred), 1/4 tsp organic vanilla, a pinch of sea salt, 1/2 teaspoon of pure Vt. maple syrup, a cinnamon stick, and bring to a slow boil on low heat
  3. Add 3/4 cup of Hu Gems and whisk until fully melted. Add more Gems as desired for a thicker and richer hot cocoa
  4. Remove cinnamon stick and pour into your favorite holiday mug
  5. Top with Hu Crunchy Mint bar shavings
- Pro-Tip: drop 1 square of Crunchy Mint bar in the mug and fish it out with a spoon after 15 seconds. Best. Bite. Ever.



Prep: 5 m Cook: 10 m  
Total: 15 m Makes 2 Cups



**Hu Chocolate**  
Selected Varieties  
2, 1-oz. Chocolate Bar

**\$4.99**

9-oz.

**\$7.99**

**Lily's Stevia Chocolate**  
Selected Varieties  
2, 8 or 3-oz. Bar

**\$3.99**

9-oz. Chips

**\$6.99**

**Enjoy Life Chocolate Chips**  
Selected Varieties  
9 or 10-oz.

**\$6.99**

**Nellie's Free Range Butter**  
8-oz. Sea Salted or Unsalted

**\$4.99**

**Bob's Red Mill Baking Flour**  
22-oz. Gluten Free

**\$4.49**

80-oz. Unbleached White All-Purpose

**\$6.99**

**Farmer's Market Organic**  
15-oz. Pumpkin

**2/\$7**

15-oz. Pumpkin or Sweet Potato Pie Mix

**\$3.99**

**Dr. Bronner's Whole Kernel Virgin Coconut Oil**  
14-oz.

**\$9.99**

30-oz.

**\$19.99**

**Frontier Co-Op Herbs, Spices or Flavorings**  
Selected Varieties  
.36 to 8.01-oz.

**20% Off**

**Nocciolata Hazelnut Cocoa Spread**  
Selected Varieties  
8, 8.2-oz.

**\$5.99**

**Joolies Medjool Dates**  
7 or 9-oz.

**\$4.99**

10.8-oz. Syrup

**\$8.99**

**Nancy's Probiotic Cream Cheese**  
8-oz.

**\$4.49**



Prices Effective November 29th, 2023 Through January 2nd, 2024

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



# daiya

deliciously dairy-free®

## Cheesy Queso Dip

Ingredients:

- 1 package Daiya Cheddar Style Shreds
- 1 cup Pico de Gallo\*, or your favorite salsa
- 1 bag your favorite tortilla chips
- \*Pico de Gallo Recipe
- 1 ½ cups tomato, seeded and finely diced
- ¼ cup White onion, chopped
- ⅓ cup cilantro
- 1 whole jalapeno or serrano chile, finely chopped including seeds
- 1 tbsp lime juice, freshly squeezed
- ½ tsp fine salt, (or 1 tsp Kosher salt)

from daiyafoods.com



Prep: 5 m • Cook: 10 m • Total: 15 m  
Serves 4-6

Directions

1. Place the Daiya Cheddar Style Shreds in a microwavable bowl.
2. Microwave for 2 minutes
3. Remove from microwave and stir the melted cheese
4. Mix tomato, white onion, cilantro, jalapeno (or serrano chile), lime juice and salt together into a large bowl.
5. Add Pico de Gallo to the bowl and stir. If cheese is not melted enough, place back into the microwave for 30 second increments, stirring each time until all the Daiya cheese and Pico de Gallo are blended together to make a smooth and cheesy dip.

## Daiya Dairy Free

- Selected Varieties
- 7.1 or 8-oz. Shredded, Block, Sliced, or Cream Cheese
- 8.36-oz. Dressing
- 10.6-oz. to 10.8-oz. Deluxe Cheesy Mac

**\$4.49**

4.65-oz. Cheese Sticks

**\$4.99**

3-ct. Deluxe Cheese Sauce

**\$6.49**

14.1-oz. Cheezecake

**\$7.99**

13.47-oz. to 19.4-oz. Pizza

**\$8.99**



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HUCKLEBERRY'S  
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**Endorphin Foods  
Chocolate Bars**  
Selected Varieties  
1.4-oz.

**\$4.49**

**Skinny Dipped  
Bites or Cups**  
Selected Varieties  
3.17-oz.

**\$5.79**

**Pascha  
Organic Baking  
Chocolate Chips**  
8.8-oz. Semi-Sweet

**\$4.99**

7.1-oz. White with  
Rice Powder  
8.8-oz. Dark

**\$5.49**

8-oz. Stevia Sweetened

**\$6.99**

**Lovo Coconutmilk  
Chocolate Bars**  
Selected Varieties  
2.82-oz.

**\$3.99**

**Unreal  
Dark Chocolate  
Coconut Bars**  
Selected Varieties

1.2 or 1.3-oz.

**\$1.79**

3.4 to 5-oz.

**\$5.29**

**Trupo Treats  
Mylk Wafer Bars**  
Selected Varieties

1.4-oz.

**2/\$6**

**TCHO  
Chocolate Bars**  
Selected Varieties  
2.5-oz.

**\$3.99**

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**Simply Gum**

Selected Varieties  
15-ct.

**2/\$5**

55-ct.

**\$4.59**

**Hu**

Selected Varieties  
3.5-oz. Gems

**\$4.99**

4-oz. Hunks

**\$5.99**

**Chocolove  
Dark**

**Chocolate Chips**  
11-oz.

**\$4.99**

**Surf Sweets  
Gummy Candy**

Selected Varieties  
2.75-oz.

**2/\$6**

6-oz.

**\$4.49**

**La Fermiere**

Selected Varieties  
4.4-oz. French Dessert  
4.9-oz. Yogurt

**2/\$6**

**Not Milk  
Plant-Based  
Milk Alternative**

32-oz. Whole or  
Chocolate

**\$3.29**

4-ct.

**\$5.49**

**Lewis Road  
Creamery**

Salted or Unsalted Butter  
8-oz.

**\$5.99**



**Small Farmer Grown**

Equal Exchange has been a proud supporter of authentic fair trade since day one, and to them that means knowing and working directly with the farmers who produce their food. They partner with farmer cooperatives who are democratically organized, sharing resources and decision-making among their members. Collectively, they gain crucial market access and decide how to invest fair trade and organic premiums in their communities. They now source from over 40 small farmer organizations around the world. Their longstanding relationships allows them to secure the best crops, while continuing to develop innovative programs in collaboration with the co-ops, from crop diversification to quality trainings to women's leadership development.



**Equal Exchange**

Selected Varieties  
2.8-oz. Chocolate Bar

**\$3.59**

20-ct. Tea

**\$4.99**

10-oz. Chocolate Chips

**\$6.29**

8 or 12-oz. Cocoa

**\$6.99**

12-oz. Gourmet Cocoa

**\$8.99**

10 or 12-oz. Coffee

**\$13.99**



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# NUMI

ACTIVATING PURPOSE

Numi Organic Tea is a premium, Fair Trade sustainable company specializing in unique and innovative blends of green, black, white, oolong teas, Pu-erh, & more! Stock up at Huck's all month long!

## Numi London Fog Latte

from blog.numitea.com

### Ingredients:

- 1 bag Numi Aged Earl Grey™ tea
- 1 part milk of your choice (we like almond or oat)
- ½ tsp organic culinary lavender flowers
- ¼ tsp organic vanilla extract
- \*Add honey, agave syrup, maple syrup, or rice syrup to taste



Prep: 20 m Cook: 25 m Total: 45 m Serves 6

### Directions

1. Make tea. Boil water and steep the Aged Earl Grey™ for 5 minutes in half a cup of water.
2. Steam the milk. While you're boiling the water, heat up a saucepan of rice / almond / or coconut milk, whisking (or if you have a milk frother, frothing) it until it is warm. Make sure you don't let the milk boil!
3. Add lavender. If you have a mesh tea ball, add ½ teaspoon of culinary lavender to the tea as it warms, if you don't have a mesh tea ball, just let it float in the milk and strain it out after.
4. Add vanilla. Half a teaspoon of vanilla extract to the milk.
5. ENJOY. Combine the tea and milk mixture together, and enjoy! For an iced latte, simply cool the mixture in the fridge and pour over ice.



- Numi Selected Varieties 15 to 18-ct. Tea **\$5.99**
- 16-ct. Pu-erh Tea **\$6.49**
- 6.3-oz. Drinking Chocolate **\$7.99**



**Spindrift Sparkling Water**  
Selected Varieties 8-ct.  
**\$5.59**

**Super Natural Zero Sugar Soda**  
Selected Varieties 6-ct.  
**\$6.99**

**Uncle Matt's Organic**  
Selected Varieties 8-ct. Lemonade 52-oz. No Sugar Strawberry Lemonade

**\$4.29**  
52-oz. Orange Juice  
**\$6.99**  
52-oz. Ultimate Immune Orange Juice  
**\$7.99**



**The Mountain Valley Water**  
Selected Varieties 16.9-oz. Sparkling  
**2/\$3**  
Liter Sparkling or Spring  
**2/\$5**

**Tru Enhanced Sparkling Water**  
Selected Varieties 12-oz.  
**\$2.29**

**Bear Naked Granola**  
Selected Varieties 11 to 12-oz.  
**\$6.39**

**Mary's Gone Crackers Organic**  
Selected Varieties 5-oz. Real Thin Crackers or Kookies  
**\$4.49**  
5 to 6.5-oz. Crackers  
**\$4.99**



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**The Gluten Free Bar**

Selected Varieties  
2.05-oz.

**\$1.89**

4-oz. Bites

**\$4.69**



**Le Pain des fleurs  
Crispbread**

Selected Varieties  
5.3-oz.

**\$5.99**



**Chomps Meat Sticks**

Selected Varieties  
1.15-oz.

**\$1.79**



**Garden of Eatin'  
Tortilla Chips**

Selected Varieties  
16-oz.

**\$5.99**



**Organic India  
Tulsa Tea**

Selected Varieties  
18-ct.

**\$4.99**



**Spectrum  
Organic Extra  
Virgin Olive Oil**

8-oz.

**\$8.99**

25.4-oz.

**\$13.99**



**Bachan's Japanese  
Barbecue Sauce**

Selected Varieties  
17-oz.

**\$6.99**



**Huckleberry's  
Organic Coffee**

Selected Varieties  
12-oz.

**\$9.99**

Bulk

**\$10.99** lb.



# FROZEN



**Bubbies Mochi**

Selected Varieties  
6-ct.

**\$6.49**



**Dolcezza Gelato**

Selected Varieties  
16-oz.

**\$5.99**



**Sol Cuisine  
Entrees**

Selected Varieties  
9 to 10.6-oz.

**\$5.99**



**Rebillyous Foods  
Plant-Based  
Chicken**

Selected Varieties  
7.8-oz. to 8.5-oz.

**\$4.99**



**Starlite  
Cuisine**

Selected Varieties  
12-oz. Rolled Tacos  
14-oz. Taquitos

**\$7.99**



**Beecher's  
Cheese Curd  
Lasagna**

23-oz.

**\$9.99**

21-oz. Gluten Free

**\$11.99**



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# PEACE COFFEE



The Peace Coffee story doesn't quite begin with coffee. It begins with farmers. Their founding nonprofit, the Institute for Agriculture & Trade Policy, began with a mission to help American farmers during the family farm crisis of the mid-1980s. That mission grew to include a vision for expansion to other countries with rich farming roots to see how they could best partner and advocate for long-term systemic change and, ultimately, commodity-farmer profitability.



**Peace Coffee**  
Selected Varieties  
12-oz.

**\$12.99**



**New!**

**Felicetti Organic Pasta**  
Selected Varieties  
16-oz.  
**\$3.99**

**Born Simple Vegan Broth Concentrate**  
Selected Varieties  
3-oz.  
**\$5.59**

**Nona Pia's Balsamic Reduction**  
8.45-oz.  
**\$6.99**



**Freshé Salad Toppers or Quick Meals**  
Selected Varieties  
4.25-oz.  
**\$4.29**



**Hatch**  
Selected Varieties  
4-oz. Sliced Jalapeños  
**\$1.79**  
4-oz. Green Chiles  
**2/\$4**



**Enchilada Sauce**  
**\$3.99**  
**Montebello**  
Selected Varieties  
16-oz. Pasta  
**\$4.49**  
19.75-oz. Pasta Sauce  
**\$6.49**

**Tonnino Tuna**  
Selected Varieties  
4.94-oz.  
**2/\$7**  
6.7-oz.  
**\$8.99**  
6.7-oz. Pole Line or Ventresca  
**\$9.99**



**Huckleberry's Brown Grade A Large Organic Eggs**  
Dozen  
**\$3.99**



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# good CULTURE®

## Path to Pasture

Since 2015, Good Culture is proud to have partnered with 1% for the Planet, donating 1% of revenue to nonprofit organizations driving positive change for our planet and future generations.

In partnership with Dairy Farmers of America (DFA), Good Culture and DFA are offering a pilot program to farms in the Rockford, IL, and Farmington, MN, milkshed. The pilot program is known as Path to Pasture, and it helps support DFA farmer-owners who are interested in enhancing soil health and implementing more efficient use of pasture, allowing more cows more pasture access.



**New!**

**Good Culture Probiotic Cream Cheese**  
Selected Varieties  
7-oz.

**\$3.99**



# NATURAL LIVING



**Aura Cacia Bath**  
Selected Varieties  
2.5-oz. Fizzy

**2/\$6**  
13-oz. Bubbles

**\$9.99**  
.5-oz. Essential Oil  
**20% Off**

**Boiron Oscilloccinum**  
6-ct.

**\$14.99**

**Emerald Labs**  
Selected Sizes & Varieties

**25% Off**

**Natural Flower Power**

Selected Varieties  
12-oz. Liquid Hand Soap  
16-oz. Liquid Dish Soap

**\$3.99**

32-oz. All Purpose Cleaner  
**\$4.99**

**Bulldog Skincare**

5-oz. Face Wash  
5.9-oz. Shave Gel

**\$7.99**

3.3-oz. Original or Sensitive Moisturizer

**\$10.99**

**Compostic Compostable**

25-ct. Snack Bags

**\$4.49**

20-ct. Sandwich Bags

**\$4.79**

150-ft. Cling Wrap

**\$5.79**

10-ct. Gallon Bags

**\$5.99**



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# WINTER WELLNESS

**Silly Cow Hot Chocolate**  
Selected Varieties  
16.9-oz.  
**\$7.99**



**Sweet Loren's Cookie Dough**  
Selected Varieties  
12-oz.  
**\$6.49**



**Revival Tea**  
Selected Varieties  
15-ct.  
**\$6.99**  
24-ct.  
**\$7.99**



**Yogi Tea**  
Selected Varieties  
16-ct.  
**\$3.99**



**Bare Bones Organic Bone Broth**  
Selected Varieties  
16-oz.  
**\$7.69**



**Antioxidant Solutions Juice**  
Selected Varieties  
32-oz.  
**\$5.49**



**Chocolove**  
Selected Varieties  
1.2 or 1.3-oz.  
Mini Bar  
**6/\$6**  
2.9 to 3.2-oz. Bar  
**2/\$6**



3.5-oz. Bites  
**\$3.99**

**LifeSeasons Clinical Immunity**  
5-ct. Elderberry Mix  
**\$8.49**  
60-ct. Elderberry Gummy  
**\$14.99**  
60-ct. Daily Boost or Quick-Start  
**\$16.99**



**Pranarom Wellness**  
2-oz. Castor Oil  
**\$3.99**  
.17-oz.  
**\$14.99**  
1-oz. Purifying Synergy  
**\$16.99**



**Aura Cacia**  
Selected Varieties  
2.5-oz. Bath  
**2/\$6**  
4-ct. Essential Oil Kit  
**\$15.99**



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www.huckleberrysnaturalmarket.com  
Facebook.com/HuckleberrysSpokane • Instagram.com/huckleberrysnaturalmarket

