LifeSource natural foods

EAT WELL BE HAPPY

CLOSED THANKSGIVING, NOV 27

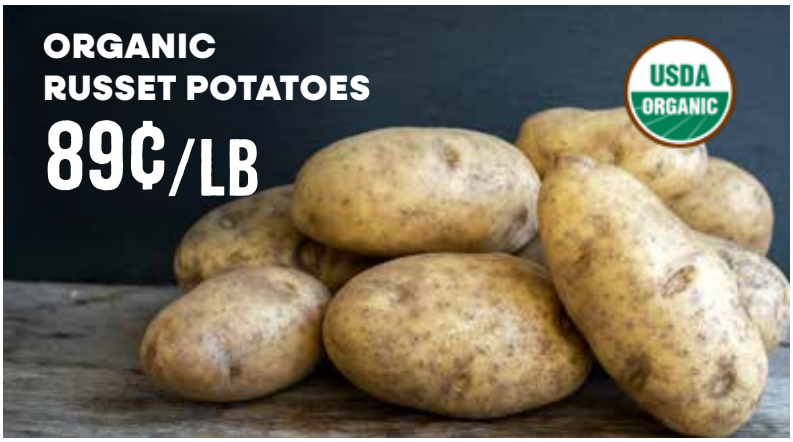
LOCAL ORGANIC CABBAGE

Red • Green

$1.19/LB

USDA ORGANIC

Close to Home!



DECEMBER 13, 11-3

FREE TASTING

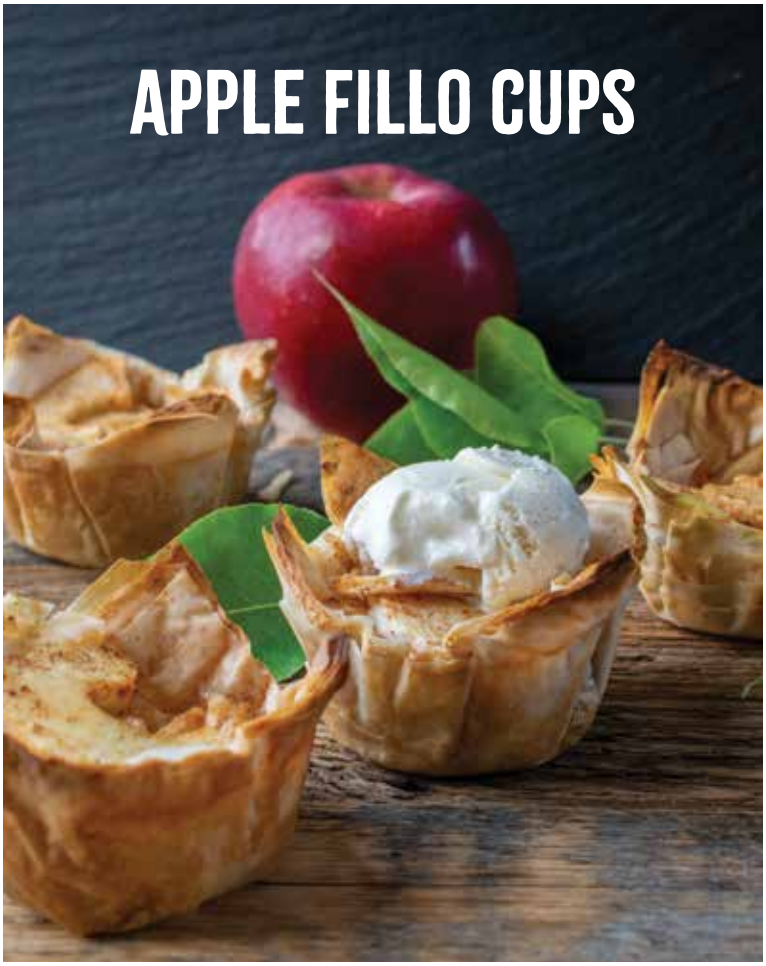
WINE • CHEESE • CHARCUTERIE

FLASH SALES THROUGHOUT THE STORE

SEASON'S EATINGS!

Organic Produce · On Sale 11/26 - 12/2

APPLE FILLO CUPS



Makes 12

- **3-4 apples, peeled, cored, and sliced to ¼ inch thick**
- **1 Tbsp lemon juice**
- **¼ cup unrefined cane sugar**
- **2 Tbsp cornstarch**
- **½ tsp cinnamon**
- **¼ tsp nutmeg**
- **⅛ tsp ginger**
- **⅛ tsp allspice**
- **¼ tsp sea salt**
- **1 tsp vanilla extract**
- **6 sheets fillo dough, defrosted overnight**
- **6 Tbsp butter, melted**
- **1 heaping Tbsp honey**
- **1 tsp cinnamon**

1. Preheat the oven to 425°F. Grease muffin pan cups with butter.
2. Toss together apples, lemon juice, cane sugar, cornstarch, cinnamon, nutmeg, ginger, allspice, sea salt, and vanilla. Set aside.
3. In a small bowl, mix together butter, honey, and cinnamon.
4. Working quickly, lay out 1 sheet of fillo dough. Leave the remaining sheets wrapped up to prevent drying. Brush fillo with butter mixture. Lay another sheet of fillo on top, brushing with butter mixture. Continue layering until all sheets are used.
5. Cut fillo into 12 pieces, roughly the same size. Press each square into a muffin cup.
6. Fill fillo cups with apple mixture. Bake for 10-12 minutes, or until fillo is browned and apples are tender. Enjoy warm with vanilla ice cream.

Organic Produce · On Sale 11/26 - 12/2

LIFESOURCE KITCHEN HOURS

8 AM - 8 PM

GRAB AND GO *ANYTIME*

SCRATCH MADE AND SERVED UP FRESH EVERY DAY!

LifeSourceNaturalFoods.com

Kerrygold
IRISH BUTTER
Salted • Unsalted
$4.99
8 oz | **Save $2**

Spectrum
ORGANIC ALL VEGETABLE SHORTENING
$7.99
24 oz | **Save $5**

Wholesome
ORGANIC SUGAR
Dark Brown • Light Brown
Turbinado
$4.49
24 oz | **Save $3**

Vital Farms
LARGE ORGANIC EGGS
Pasture Raised
$8.99
1 doz | **Save $3**

If You Care
RECYCLED ALUMINUM FOIL
Original • Heavy Duty
$5.99
30-50 sq ft | **Save $2.80**

Annie's Homegrown
GRAHAM CRACKERS
Honey • Cinnamon
2 FOR $7
14.4 oz | **Save $3.49/ea**

Dandies
VEGAN MARSHMALLOWS
Vanilla • Mini Vanilla
$3.29
10 oz | **Save $2.20**

Enjoy Life
CHOCOLATE CHIPS
Dark • Ricemilk
Semi-Sweet Mega Chunks
Semi-Sweet Mini Chips
$5.49
9 oz | **Save $3.50**

Farmer's Market
PUREES
Butternut Squash
Pumpkin • Sweet Potato
$2.49
15 oz | **Save $1.50**

Simply Organic
ORGANIC VANILLA BEAN PASTE
$9.99
4 oz | **Save $8**

Stahlbush
FROZEN BERRIES
Marionberries • Cranberries
Strawberries • Blueberries
$3.79
10 oz | Save $2

CRANBERRY CHUTNEY

Makes 3 cups

- **12 oz fresh or frozen cranberries**
- **1 Tbsp olive oil**
- **3 shallots, minced**
- **1 Tbsp fresh ginger, minced**
- **1-2 jalapeño chilies, seeded and minced**
- **1 green bell pepper**
- **1 yellow bell pepper**
- **½ cup apple cider vinegar**
- **½ cup brown sugar, or to taste**
- **½ cup raisins**
- **Salt and fresh ground black pepper**

1. If using frozen cranberries, thaw them before beginning. Wash and pick through the berries, removing any stems. Core and seed the green and yellow peppers, and dice into 1/2 -inch pieces
2. Heat oil in a large saucepan. Cook shallots and ginger over medium heat for 30 seconds, until soft but not brown. Add remaining ingredients and gently simmer for 5 minutes, or until the cranberries are just tender (not too soft). Adjust the seasoning, adding sugar and vinegar to taste. The chutney should be a little sweet and a little sour.
3. Store in clean jars in the refrigerator. Chutney will keep for several months.

Over 1000 items on SALE! · 11/26 - 12/2

ROAST TURKEY BREAST

- **One (5-8 lb) bone-in turkey breast, dry brined, if desired (see next column)**
- **6 Tbsp unsalted butter, softened**
- **1 ½ Tbsp fresh herbs, minced (we used sage, thyme, and rosemary)**
- **1 tsp garlic powder**
- **1 tsp ground black pepper**
- **Salt, to taste**
- **1 large onion, thickly sliced**
- **3 stalks celery, quartered**
- **3 carrots, peeled and quartered**

1. To allow for more even cooking, remove the turkey breast from the refrigerator one hour before cooking. Preheat the oven to 325°F. Coat a 9”x13” baking dish with cooking spray or neutral oil. Place the sliced onion, celery, and carrots in an even layer in the dish.
2. In a small bowl, mix together softened butter, fresh herbs, garlic powder, pepper, and salt.
3. Rub half of the butter under the loosened skin of the turkey breast. Rub remaining butter all over the turkey. Place turkey on top of the vegetables in the prepared baking dish. Insert an oven-safe thermometer in the thickest part of the breast, running parallel to the bone.
4. Roast on the middle rack for 20 minutes per pound (from about 1½-3 hours in total, depending on the size of the turkey breast). Remove from the oven when the internal temperature reaches 160°F.
5. Make a loose tent over the cooked turkey with foil and allow it to rest for at least 20 minutes. The internal temperature will continue to rise while it rests: Turkey is done when the internal temperature reaches 165°F Carve and serve with our Easy Turkey Gravy.

DRY BRINE

For every 5lbs of turkey you will need:

- **1 Tbsp kosher salt**
- **1 tsp dried herbs (such as poultry or italian seasoning)**
- **¼ tsp ground black pepper**

Remove thawed turkey from packaging and pat dry. Rub all over with the salt mixture. Carefully loosen the skin and rub salt directly on the meat. Place in the refrigerator and chill uncovered for at least 48 hours, and up to 72. No need to rinse off salt before roasting! The turkey will appear dried up and desiccated, but will roast up golden and flavorful.

EASY TURKEY GRAVY

Serves 4

- **Up to 2 cups of turkey drippings, about ¾ of the fat skimmed off. If you don’t have a full 2 cups, add enough chicken or turkey stock to bring to 2 cups.**
- **3 Tbsp butter**
- **3 cloves garlic, grated**
- **3 Tbsp all purpose flour**
- **1 Tbsp fresh herbs, minced (we used sage, thyme, and rosemary)**
- **Salt and pepper, to taste**
- **Squeeze of lemon**

1. Melt butter in a medium skillet over medium heat. Add garlic and sauté until fragrant, about 1 minute. Whisk in flour and herbs, stirring constantly until flour is golden and loses its raw smell, about 3 minutes.
2. Whisk in the drippings-broth mixture, stirring constantly until thickened and bubbly, about 5 minutes. Add a hearty squeeze of lemon juice. Taste and season with salt and pepper.

CRANBERRY SAUSAGE STUFFING

Makes 6 Servings

- **8 cups bread, cut into 1-inch cubes (gluten free or wheat)**
- **1 lb ground sausage**
- **½ cup butter or vegan butter**
- **1 yellow onion, finely chopped**
- **3 stalks celery, finely chopped**
- **3 sprigs sage leaves, finely chopped**
- **2 sprigs thyme leaves, finely chopped**
- **½ sprig rosemary leaves, finely chopped**
- **1 tsp poultry seasoning**
- **½ tsp salt**
- **1 tsp pepper**
- **¾-1 cup chicken or veggie broth**
- **2 eggs, beaten**
- **1 cup dried cranberries**

1. Preheat the oven to 225°F. Spread bread in a single layer on one or two rimmed baking sheets. Bake for about 1 hour - 90 minutes, stirring every 30 minutes until the bread is completely dried out. Transfer to a large bowl.
2. Preheat the oven to 350°F. Butter a 13x9-inch baking dish, set aside.
3. In a large skillet, brown sausage over medium heat, breaking up into small pieces. Drain fat and set aside.
4. In the same skillet over medium heat, melt butter and cook the onions and celery until browned, about 10 minutes. Remove from heat. Stir in fresh herbs, poultry seasoning, salt, and pepper.
5. Add broth and eggs to the bowl with the bread. Toss gently until coated. Bread should absorb liquid evenly, without leaving a puddle in the bowl. Add more broth for wetter stuffing, less broth for drier stuffing.
6. Gently fold in veggie herb mixture, cooked sausage, and cranberries.
7. Transfer stuffing to the prepared baking dish. Spread into an even layer. Bake for 30 minutes, covered. Uncover, and bake an additional 15-20 minutes, or until stuffing is golden and cooked through.


BLACK GARLIC MUSHROOM GRAVY
RAW RASPBERRY TARTLETS
MAPLE ROASTED SWEET POTATOES
GARLIC CAULIFLOWER MASH
ARUGULA SALAD WITH ROASTED BRUSSELS SPROUTS
THANKSGIVING PANISSE
GRANDMA'S APPLE-PEAR CRANBERRY SAUCE
PLANT-BASED HOLIDAY SIDES
delicious side dish recipes for vegan or omnivorous feasting
LifeSourceNaturalFoods.com

Organic Valley
ORGANIC SHREDDED CHEESE
Mexican • Italian
Mozzarella
$3.79
6 oz | **Save $2.70**

Lundberg
ORGANIC RICE
White & Brown Jasmine
White & Brown Basmati
Sushi
$6.79
32 oz | **Save $3.20**

Muir Glen
ORGANIC TOMATOES
Your Choice
2 FOR $4
28 oz | **Save $3.99**

Pacific Foods
ORGANIC BROTH
Chicken • Beef •
Vegetable • Mushroom
$2.99
32 oz | **Save $2**

Divina
FIG SPREADS
Original • Chili • Orange
$2.99
9 oz | **Save $3**

HOUSEHOLD SAVINGS

Biokleen
BAC-OUT BATHROOM CLEANER
$6.99
32 fl oz | **Save $3.50**

Cookie Pal
ORGANIC DOG TREATS
Pumpkin Chia
Sweet Potato Flaxseed
Peanut Butter Apple
$4.99
8.8-10 oz | **Save $3.50**

Over 1000 items on SALE! · 11/26 - 12/2

Califia

ALMONDMILK CREAMER

Caramel • French Vanilla
Hazelnut • Unsweetened

$4.49

25.4 fl oz | **Save $3.50**

O'Doughs

GLUTEN FREE BAGELS

Original • Sprouted Flax
Everything

$3.99

10.6 oz | **Save $2.50**

Brown Cow

YOGURT

Your Choice

5 FOR $5

5.3 oz | **Save 49¢/ea**

Cascadian Farm

ORGANIC HASH BROWNS & SPUD PUPPPIES

Your Choice

$3.29

12-16 oz | **Save $2.70**

Coombs

ORGANIC MAPLE SYRUP

Grade A Dark

$10.99

12 fl oz | **Save $5**

Cascadian Farm

ORGANIC GRANOLA

Fruit & Nut • Dark Chocolate
French Vanilla • Oats & Honey

2 FOR $7

11 oz | **Save$4.99**

Flax4Life

GLUTEN FREE MUFFINS

Your Choice

$5.99

14 oz | **Save $2**

BULK DEPARTMENT DEALS

Over 1000 items on SALE! · 11/26 - 12/2

WINE, BEER & CIDER DEALS

OUTLAW LIGHT 12 PK

$9.99

12/12 fl oz | **Save $2**

OUTLAW LIGHT 30 PK

$19.99

30/12 fl oz | **Save $5**

Maui Brewing

HARD SELTZER

Mix Pack

$19.99

12/12 fl oz | **Save $5**

Lagunitas Brewing

HOPPY REFRESHER

Variety Pack

$15.99

12/12 fl oz | **Save $3**

Casa Santos Lima

TOPO TINTO

Red Blend

$8.99

750 ml | **Save $2**

Duck Pond Cellars

OREGON WINES

Pinot Gris • Chardonnay

$11.99

Pinot Noir

$14.99

750 ml | **Save $2**

2 Towns Ciderhouse

OREGON CIDERS

Brightcider • Made Marion
Cosmic Crisp • Raspberry
Huckleberry

$13.99

6/12 oz | **Save $2**

Rascal

OREGON WINES

Pinot Noir • Pinot Gris

$11.99

750 ml | **Save $2**

Ferment Brewing Co

BARREL AGED ALES

Imperial Stout
Stock Ale

$11.99

500 ml | **Save $2**

Boulder Canyon
POTATO CHIPS
Your Choice
2 FOR $6
5-6.5 oz | **Save $1.49**

Mary's Gone Crackers
CRACKERS
Original • Herb
Black Pepper
$2.99
4 oz | **Save $2**

Simple Mills
ORGANIC SPROUTED CRACKERS
Original • Everything
Garlic & Herb
$3.29
4.25 oz | **Save $4.20**

Health Ade
ORGANIC KOMBUCHA
Your Choice
2 FOR $6
16 fl oz | **Save $1.49/ea**

R.W. Knudsen
CRANBERRY POMEGRANATE JUICE
$3.99
32 fl oz | **Save$2.50**

PERFECT PAIRINGS

Illahe
CHARDONNAY
Willamette Valley | 750 ml
Chardonnay is considered an "old school" pairing, because it's very versatile and generally well received by all but the pickiest wine drinkers. Illahe is a special example: it's local, well-priced, and one of the most food friendly chards out there. The cured lemon and Granny Smith apple flavors pair well with turkey and game birds, while the toffee, toasty oak, and vanilla on the finish pair well with just about any pie or pastry on your table.
$17.99

Maison Trimbach
PINOT BLANC
Alsace, France | 750 ml
Trimbach is one of the most food-friendly wines at LifeSource! Zippy acidity frames lovely stone fruit and pear flavors, which segue into a long, mineral-driven finish. Pairs particularly well with a lemon rosemary style of turkey, but works with just about everything on the table.
$24.99

Alden's
ORGANIC OREGON ICE CREAM
Your Choice
$7.99
48 fl oz | **Save$3.50**

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RELIEF FROM THE FEAST!

Natural Factors
PAPAYA ENZYMES
$4.49
60 ct | **Save $2.50**

Boiron
ACIDCALM
$9.99
60 tabs | **Save $3**

Enzymedica
GLUTENEASE
Extra Strength
$15.99
30 cap | **Save $7**

Garden of Life
DR. FORMULATED PROBIOTICS GAS & BLOATING
$27.99
30 cap | **Save $11**

Enzymedica
KIDS DIGEST CHEWABLE
$11.99
60 chews | **Save $4.50**

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Say Hello to Digestive Happiness with Enzymedica

At Enzymedica, we believe true wellness begins in the gut. That's why we're on a mission to help people everywhere rediscover their digestive happiness, naturally.

From day one, we've searched the globe for the purest ingredients, backed them with science and left the artificial junk out. Every batch is tested for purity, so what's on the label is always what's in the bottle.

Because your body deserves clean, powerful solutions that work — fast.

DIGEST GOLD + PROBIOTICS

$22.99

45 vcap | **Save $10**

ENZYMEDICA®
FOR YOUR DIGESTIVE HAPPINESS

LifeSourceNaturalFoods.com

BARLEAN'S

LIGNAN FLAX OIL
Freshly Cold Pressed

$14.49

100 softgels | **Save $4**

ORGANIC FLAX OIL

$17.49

12 fl oz | **Save $4.50**

SERIOUSLY DELICIOUS OMEGA-3 SWIRL
Mango Peach
Lemon Crème

$33.99

16 oz | **Save $8**

ALL BARLEAN'S ON SALE

Gaia Herbs
QUICK DEFENSE
$17.99
20 cap | **Save $8**

Kal
B-12 METHYLCOBALAMIN
ActivMelt Raspberry

$10.99

90 tabs | **Save $4**

Natural Stacks
ACETYLCHOLINE
Brain Food

$28.99

60 vcap | **Save $10**

ALL NATURAL STACKS ON SALE

Nature's Answer
SAMBUCUS
Black Elderberry

$10.99

4 fl oz | **Save $5.50**

Oregon's Wild Harvest
MACA

$18.99

90 cap | **Save $6**

LifeSourceNaturalFoods.com

KOKORA™

LIFE REGENERATED

NEW!

At **Kokora**, our journey begins on our 100-acre **Regenerative Organic Certified**® (ROC™ Gold Certification) and Fair Trade Certified™ farm in Costa Rica's Enchanted Valley, where every step of the process — from soil management, seed selection, cultivation, and harvest, to drying, extraction, concentration, and production — supports the awakening of nature's full potential. Furthermore, we seek to partner with organic growers who are committed to sustainable practices and supporting the well-being of their communities.

Kokora Founder and CEO, Ric Scalzo (Founder of Gaia Herbs) – with his rich wealth of knowledge through decades of experience in Herbal, Naturopathic, Ayurvedic and Traditional Chinese Medicines, not only grows the herbs on Kokora's Farm but also formulates all of Kokora's products. Taking it even further, Kokora supports ongoing research at the Ric Scalzo Institute for Botanical Medicine at Sonoran University of Health Sciences in Arizona, where in-vitro models are used to explore how botanicals interact with human biology.

We invite you to begin the journey with Kokora to a Life Regenerated™, and experience the profound impact of Regenerative Organic practices on our soil, our bodies, and our environment.

Scan above to watch Kokora founder Ric Scalzo introduce Kokora's Regenerative Organic Certified farm.

Wellness · On Sale 11/26 - 12/2

BOIRON

CHESTAL COUGH SYRUP

Original • Honey

$8.99

6.7 fl oz | **Save $3**

CHESTAL KIDS COUGH SYRUP

Original • Honey

$8.99

6.7 fl oz | **Save $3**

LifeSource natural foods BRAND SUPPLEMENTS

KID'S ECHINACEA PLUS

$9.49

1 oz | **Save $2**

LIVER DETOX COMPLEX

$15.99

60 cap | **Save $3**

CONGEST-EEZE

$19.49

60 vcap | **Save $3.50**

PRANARŌM

FRANKINCENSE

Organic Essential Oil

$17.99

0.17 fl oz | **Save $5**

MAD HIPPIE

VITAMIN C SERUM

$25.99

1 oz | **Save $7**

Wellness · On Sale 11/26 - 12/2

NATURAL FACTORS

PAPAYA ENZYMES
$6.99
120 ct | **Save $4**

DGL
Deglycyrrhizinated
Licorice Extract
$10.99
90 tabs | **Save $3.50**

SENIOR'S ULTIMATE PROBIOTIC
35 Billion Live Cultures
8-Strain Formula
$17.99
30 vcap | **Save $5**

Andalou
BODY LOTION
Mandarin Vanilla
Lavender • 1000 Roses
$6.99
8 fl oz | **Save $4**

Dr. Bronner's
TOOTHPASTE
Spearmint • Cinnamon
Anise • Peppermint
$5.49
5 oz | **Save $2.30**

Tom's of Maine
TOOTHPASTE
Peppermint • Sensitive
Fennel • Cinnamon Clove
$5.99
4 oz | **Save $4**

Pranarōm
CASTOR OIL
Organic
$4.29
2 fl oz | **Save $2.70**

Sukin
VOLUMISING SHAMPOO & CONDITIONER
$7.49
16.9 fl oz | **Save $2.50**

Over 1000 items on SALE! · 11/26 - 12/2

ANCIENT NUTRITION

Ancient Nutrition products are formulated using ancient principles for maximum absorption to deliver real results!

They just released four new additions to their array of multivitamins:

- **Women's 50+ Multivitamin**
- **Hair Growth† Multivitamin**
- **Blood Sugar Support† Multivitamin**
- **Bone Health† Multivitamin**

These new formulas feature over 20 essential vitamins and minerals, including methylated B vitamins and amino acid chelated minerals in highly absorbable forms, which are easier on the stomach and more efficiently used by the body.

These formulas combine chelated minerals (iron, iodine, magnesium and zinc) plus fermented or enzyme-activated chromium, all of which are bound to amino acids to form mineral-peptide complexes. Chelated minerals are more easily absorbed and gentle on the stomach.

Ancient Nutrition is where ancient wisdom meets modern science!

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

SELECT MULTIVITAMINS

Women's 50+
Hair Growth†
Blood Sugar Support†

$34.99

60-90 caps | **Save $15**

BONE HEALTH† MULTIVITAMIN

$27.99

30 caps | **Save $12**

2649 Commercial St SE · 503-361-7973 · Open 8am-9pm · Eat Well, Be Happy!