

LifeSource
natural foods

**EAT WELL
BE HAPPY**

HOLIDAY HOURS

Wednesday, Dec 24: 8 AM - 6 PM

Thursday, Dec 25: **CLOSED**

**ORGANIC
NAVEL ORANGES**

\$1.49/LB



RECIPE
INSIDE

**ORGANIC
COSMIC CRISP APPLES**

\$1.99/LB



**ORGANIC
LEMONS**

89¢/EA



**LARGE ORGANIC
AVOCADOS**

2 FOR \$4



**SUPPLEMENT
SATURDAY!**

JANUARY 10



15% OFF*
**SUPPLEMENTS
& BODY CARE**

- SUPPLEMENTS
- SKINCARE
- HAIRCARE
- MAKEUP & BEAUTY
- ORAL CARE
- & MORE!

***REGULAR-PRICE ITEMS ONLY**

Organic Produce • On Sale 12/17 - 12/30

ORANGE SPICE CAKE



- 2 cups unbleached white flour or 1:1 gluten free flour
 - 2 tsp baking powder
 - ½ tsp cinnamon
 - ¼ tsp nutmeg
 - ¼ tsp cardamom
 - ¼ tsp salt
 - 1 cup granulated cane sugar
 - ½ cup butter, softened to room temperature
 - ½ cup orange juice, fresh squeezed (about 1 large orange)
 - ¼ cup milk
 - 2 large eggs
 - 1 tsp vanilla extract
 - Zest of 1 orange
- Toppings**
- ½ cup orange juice, fresh squeezed (about 1 large orange)
 - ½ cup granulated cane sugar
 - 1/2 cup powdered sugar
 - 2 Tbsp butter, melted
 - 2 Tbsp fresh squeezed orange juice
 - 1 tsp vanilla extract
1. Preheat the oven to 350°F. Grease an 8"x4" loaf pan, a 6" round pan, or two 6" mini bundt pans with melted butter and dust with flour.
 2. In a medium bowl, whisk together flour, baking powder, cinnamon, nutmeg, cardamom, and salt. Set aside.
 3. In a large bowl, cream together ½ cup softened butter and 1 cup granulated cane sugar until light and fluffy, about 3 minutes. Beat in ½ cup orange juice, ¼ cup milk, eggs, vanilla, and orange zest. Stir in flour and spice mixture until moistened.
 4. Scrape batter into the prepared pan and bake for 35-45 minutes, or until a toothpick inserted into the center comes out clean.
 5. Allow the cake to cool in the pan for 15 minutes. Remove to a plate. Stir together ½ cup orange juice and ½ cup granulated cane sugar. Spoon over warm cake.
 6. To make the glaze, whisk together the powdered sugar with the melted butter, 2 Tbsp orange juice, and vanilla extract. Allow the cake to cool completely before glazing and serving.

ORGANIC POTATOES

Red • Yellow • Russet

\$3.99



3 LB BAGS



ORGANIC SHALLOTS

\$3.49/LB



ORGANIC BUNCHED CARROTS

\$2.99/EA



ORGANIC ZUCCHINI

\$2.99/LB



Organic Produce • On Sale 12/17 - 12/30

**ORGANIC
WINTER SQUASH**

\$1.29/LB



**ORGANIC
TOMATOES ON THE VINE**

\$2.99/LB



**ORGANIC
BROCCOLINI**

\$2.49/EA



**ORGANIC
PERSIAN CUCUMBER**

\$1.99/LB



LIFESOURCE KITCHEN HOURS

8 AM - 8 PM

GRAB AND GO ANYTIME

.....

**SCRATCH MADE AND
SERVED UP
FRESH
EVERY DAY!**



Lonely Lane Farms
**CRANBERRY SAGE
 PORK LEG ROAST**

Close to
 Home!

\$9.49/LB

Save \$2.50/lb



Carbone
MARINARA SAUCES

Your Choice

\$6.99

24 oz | Save \$4.50



Essential
**ARTISANAL
 BAKE-AT-HOME
 BREAD**

Sourdough • French • Italian

\$4.49

16 oz | Save \$4



Edward & Sons
MASHED POTATOES

Home Style
 Roasted Garlic

\$1.99

3.5 oz | Save \$1.50



Organic Valley
SLICED CHEESE
 Muenster • Baby Swiss
 Provolone

\$4.29

4-6 oz | Save \$2.70



Feel Good Foods
**GLUTEN FREE
 COMFORT FOODS**

Mac & Cheese Bites
 Mozzarella Bites

\$5.49

8 oz | Save \$4

CABOO

**FLUSHABLE
 BAMBOO WIPES**

\$3.99

60 ct | Save \$2



BATH TISSUE

\$3.99

4 pack | Save \$2





Immaculate
ORGANIC
CINNAMON ROLLS
\$4.49
17.5 oz | Save \$5



Strong Roots
HASHBROWNS
Sweet Potato
Cauliflower
\$4.99
13.22 oz | Save \$3.50



Cocojune
DAIRY-FREE YOGURT
Your Choice
2 FOR \$4
4 oz | Save \$1.49/ea



San Pellegrino
ITALIAN
SPARKLING DRINKS
Limonata • Aranciata Rossa
\$5.99
6/11.15 fl oz | Save \$4.50



Rise
NITRO COLD BREW
Black • Vanilla • Mocha
2 FOR \$4
7 fl oz | Save \$1.79/ea



Makes six 4 oz servings

- 3 cups plus 2 Tbsp oat milk, or plant-based milk of choice
- 3 Tbsp organic granulated cane sugar, or your favorite sweetener
- ½ tsp nutmeg
- ¼ tsp cinnamon
- ⅛ tsp sea salt
- 1 Tbsp arrowroot starch
- 1 tsp food grade cocoa butter (optional, for mouth feel)
- ½ tsp vanilla extract

1. In a medium saucepan, bring 2 cups oat milk, sugar, nutmeg, cinnamon, and sea salt to a low simmer over medium heat, stirring occasionally.
2. While the milk mixture is heating, make a slurry by whisking together 2 Tbsp oat milk and arrowroot starch until smooth.
3. Once the oat nog mixture is bubbling, whisk in the arrowroot slurry, continuing to cook and stir until slightly thickened, about 1 minute. It should coat the back of a spoon.
4. Remove from heat and whisk in cocoa butter (if using) and vanilla extract. Once cocoa butter is completely melted, stir in the remaining oat milk. Place in a sealed container and refrigerate until cold.

For boozy oat nog, add 1.5 oz whiskey, rum, or brandy to each 4 oz serving.



Minor Figures
BARISTA OAT MILK
Organic • Organic Lite
\$3.49
32 fl oz | Save \$2.50

Over 1000 items on SALE! • 12/17 - 12/30

VEGAN CHOCOLATE CRÈME PIE



Serves 8

- ½ cup granulated cane sugar
 - ¼ cup cocoa powder
 - ¼ cup cornstarch
 - 1 tsp cinnamon
 - ¼ tsp kosher salt
 - 1 (13.5 oz) can full fat coconut milk
 - 1 cup non-dairy milk
 - 1 cup vegan chocolate chips
 - 1 tsp vanilla paste or extract
 - 1 pre-baked vegan pie crust
 - Dairy free whipped cream
1. Whisk together cane sugar, cocoa powder, cornstarch, cinnamon, and kosher salt in a medium saucepan. Stir in coconut milk and non-dairy milk. Turn up the heat to medium high.
 2. Whisking constantly, bring the mixture to a low boil. Turn down heat to medium, and continue cooking and stirring until very thick, about 2 to 3 minutes. Remove from heat. Stir in chocolate chips and vanilla, continue stirring until chocolate chips are completely melted.
 3. Scrape the pudding mixture into the prebaked pie crust with a spatula. Cover and refrigerate until chilled, at least 3 hours.
 4. Slice and serve with dairy free whipped cream.



Scan for our vegan pie crust recipe, and find hundreds of our original, kitchen-tested recipes online at LifeSourceNaturalFoods.com



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



**Happy Egg
FREE RANGE
HERITAGE EGGS**
\$6.99
1 doz | **Save \$3**



**Enjoy Life
BAKING
CHOCOLATE**
Chips • Chunks • Morsels
\$5.49
9 oz | **Save \$3.50**



**Dandies
VEGAN
MARSHMALLOWS**
Original • Mini
\$3.49
10 oz | **Save \$2**



**Cosmic Bliss
ICE CREAM**
Chocolate • Vanilla
Cookie Dough
\$4.99
14 fl oz | **Save \$4**



Chocolove
CHOCOLATE BARS
Your Choice
2 FOR \$6
2.9-3.2 oz | Save \$1.99/ea



Siete
GRAIN FREE COOKIES
Your Choice
\$2.99
4.5 oz | Save \$2



Tcho
CHOCOLATE BARS
Your Choice
2 FOR \$6
2.5 oz | Save \$2.49/ea



Unreal
CHOCOLATE CUPS, BARS & GEMS
\$3.99
3.2-5 oz | Save \$3.50



Cocomels
ORGANIC CANDY
Caramels & Bites
\$3.49
3.5 oz | Save \$2.50



Hu
ORGANIC CHOCOLATE BARS
Your Choice
\$3.49
2.1 oz | Save \$2.50



NUMI
ORGANIC TEAS
Your Choice
\$3.99
12-18 pk | Save \$4

Over 1000 items on SALE! • 12/17 - 12/30

BAKED ARTICHOKE DIP



- 1 (14.5 oz) can artichoke hearts, drained and chopped
- 1 (8 oz) package cream cheese, softened
- 6 oz cheese, shredded (We used mozzarella and pepper jack)
- 1 (4oz) can green chilies, drained and chopped
- ½ cup mayonnaise
- ½ cup sour cream
- ½ cup parmesan cheese, shredded
- 1 Tbsp lemon juice
- 2 tsp garlic powder
- 1 tsp black pepper

1. Preheat the oven to 350°F.
2. Mix all ingredients together into a medium bowl. Taste and adjust seasonings if desired.
3. Scrape into an 8x8-inch baking dish and smooth into an even layer. Bake 30-40 minutes or until warmed through. Serve warm with crusty bread, veggies, potato chips, or crackers.



Mary's Gone Crackers ORIGINAL CRACKERS

Original • Herb
Black Pepper

\$2.99

4 oz | **Save \$2**



Kettle Foods AIR FRIED POTATO CHIPS

Jalapeño • Himalayan Salt
Sea Salt & Vinegar

2 FOR \$6

4.25 oz | **Save \$1.79/ea**



Edward & Sons RICE SNAPS

Tamari • Black Sesame
Unsalted • Vegetable

\$2.49

3.5 oz | **Save \$1.50**



Ithaca HUMMUS

Lemon Dill • Lemon Garlic

\$2.99

10 oz | **Save \$3**



The Good Crisp Co. POTATO CRISPS

Your Choice

2 FOR \$6

5.6 oz | **Save \$1.99**



Angie's BOOMCHICKAPOP

Sea Salt • Sweet & Salty

2 FOR \$6

4.8-7 oz | **Save \$1.79/ea**

HOLIDAY RIESLING



Cória Estates
OREGON
RIESLING

Willamette Valley

\$19.99

750 ml | **Save \$4**

Close to Home!



Del Rio Vineyard
OREGON
DRY RIESLING

Rogue Valley

\$17.99

750 ml | **Save \$2**

Close to Home!

Rieslings are famous for being holiday wines. Why? Riesling is marvelously versatile. High in acid, it pairs well with a wide range of foods, cleansing the palate between bites. Rieslings span the gamut from very dry to quite sweet. At LifeSource, you'll find fantastic Rieslings from just down the road (Salem's Cória Estates) to Washington's Columbia Valley to Riesling's homeland on the German Rhine.



Sweet Cheeks Winery
OREGON RIESLING

Willamette Valley

\$17.99

750 ml | **Save \$2**

Close to Home!



Willamette Valley Vineyards
OREGON RIESLING

Willamette Valley

\$15.99

750 ml | **Save \$2**

Close to Home!



Barnard Griffin
RIESLING

Columbia Valley

\$12.99

750 ml | **Save \$2**



Empire Estate
DRY RIESLING

Finger Lakes, New York

\$19.99

750 ml | **Save \$3**



Dr. Loosen
RED SLATE
RIESLING

Mittelmosel, Germany

\$17.99

750 ml | **Save \$2**



Corvidae
RIESLING

Columbia Valley

\$11.99

750 ml | **Save \$2**



Dönnhoff
RIESLING

Nahe, Germany

\$22.99

750 ml | **Save \$5**



Schloss Vollrads
MEDIUM DRY
RIESLING

Rheingau, Germany

\$24.99

750 ml | **Save \$5**



Schloss Vollrads
VOLRATZ
DRY RIESLING

Rheingau, Germany

\$19.99

750 ml | **Save \$5**

Volratz is a textbook Rheingau - loaded with effervescent citrus, honey-suckle, and a classic mineral-edged, zippy finish.

Over 1000 items on SALE! • 12/17 - 12/30

BULK DEPARTMENT DEALS

Camas Country Mill
**ORGANIC WHOLE
WHEAT PASTRY
FLOUR**

\$1.79/LB

Save 50¢/lb



Hummingbird
**ORGANIC
CANE SUGAR**

\$1.99/LB

Save 50¢/lb



Equal Exchange
**ORGANIC BREAKFAST BLEND
& MEXICAN BLEND COFFEE**

\$12.99/LB

Save \$2/lb



**ORGANIC
BLACK EYED PEAS**

\$2.99/LB

Save \$1/lb



Hummingbird
**ORGANIC
APPLE CIDER
VINEGAR**

\$2.79/LB

Save 70¢/lb



**ORGANIC
DEGLET DATES**

\$6.99/LB

Save \$3/lb



Hummingbird
**ORGANIC
BAKING COCOA**

\$14.99/LB

Save \$3/lb



Jacobsen
**SALTY CARAMELS
& LICORICE**

\$21.99/LB

Save \$10/lb



Hummingbird
**ORGANIC DARK
CHOCOLATE-COVERED
HAZELNUTS**

\$29.99/LB

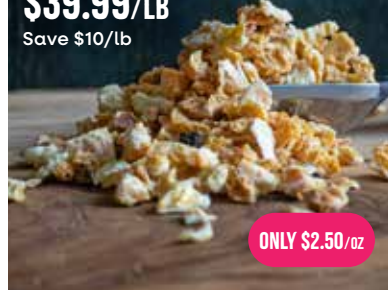
Save \$8/lb



Frontier
**ORGANIC DRIED
ORANGE PEEL**

\$39.99/LB

Save \$10/lb

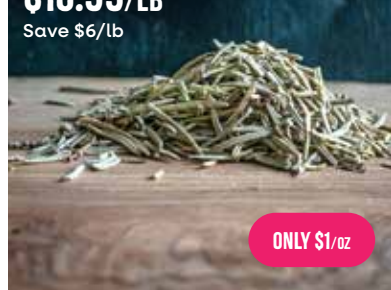


ONLY \$2.50/oz

Frontier
**ORGANIC DRIED
ROSEMARY LEAVES**

\$15.99/LB

Save \$6/lb



ONLY \$1/oz

Red Ape
**ORGANIC GROUND
CEYLON CINNAMON**

\$29.99/LB

Save \$7/lb



ONLY \$1.87/oz

Frontier
**ORGANIC
GROUND NUTMEG**

\$47.99/LB

Save \$12/lb



ONLY \$3/oz

Frontier
**ORGANIC
WHOLE CLOVES**

\$55.99/LB

Save \$14/lb



ONLY \$3.50/oz

Frontier
**ORGANIC GREEN
CARDAMOM PODS**

\$71.99/LB

Save \$18/lb



ONLY \$4.50/oz

Over 1000 items on SALE! • 12/17 - 12/30

STOCKING STUFFERS

FOR CHOCOLATE LOVERS

Organic and fair trade treats from **Nirvana**, **Maeve**, **Taza**, **Theo**, and many more, in both everyday flavors and special seasonal selections.

HYGGE HOLIDAYS

FOODS TO KEEP IT COZY

Award winning Oregon cheeses from **Rogue Creamery**, tea blends from **Mountain Rose Herbs**, and artisanal salami from **Coro**: All things you might expect to find at LifeSource. But there's so much more.

SWEET MAPLE FOR YOUR HOLIDAY TABLE

Fromage Frais from **Nettle & Meadow**, and Vermont syrup, maple bark, and maple sugar candies from **Mansfield Maple**.

GIVE A LITTLE COMFORT & JOY THIS HOLIDAY SEASON

LIFESOURCE HAS EVERYTHING YOU NEED TO CELEBRATE



Keep your loved ones warm with **Seattle Silver** and **Andes Gifts**:

- **Seattle Silver** 100% German cashmere scarves and shawls are incredibly warm, soft, and affordable, too!
- Hats, gloves, scarves, and more from **Andes Gifts** are hand knitted in Peru and Bolivia by Aymara and Quechua artisans using traditional techniques. Andes Gifts is a member of the Fair Trade Federation, so these are gifts you can feel great about!

Calendars both quirky and classy will get everyone ready for 2026.

Puzzles, stuffies, games, stickers, and craft kits will delight the littles in your life (and maybe some grownups!).

Find **cards** and all sorts of **stocking stuffers**, too!





WHICHEVER HOLIDAYS YOU HOLD DEAR, FIND YOUR SEASONAL STAPLES HERE

Grab Hanukkah essentials like candles, gelt, and gifts.

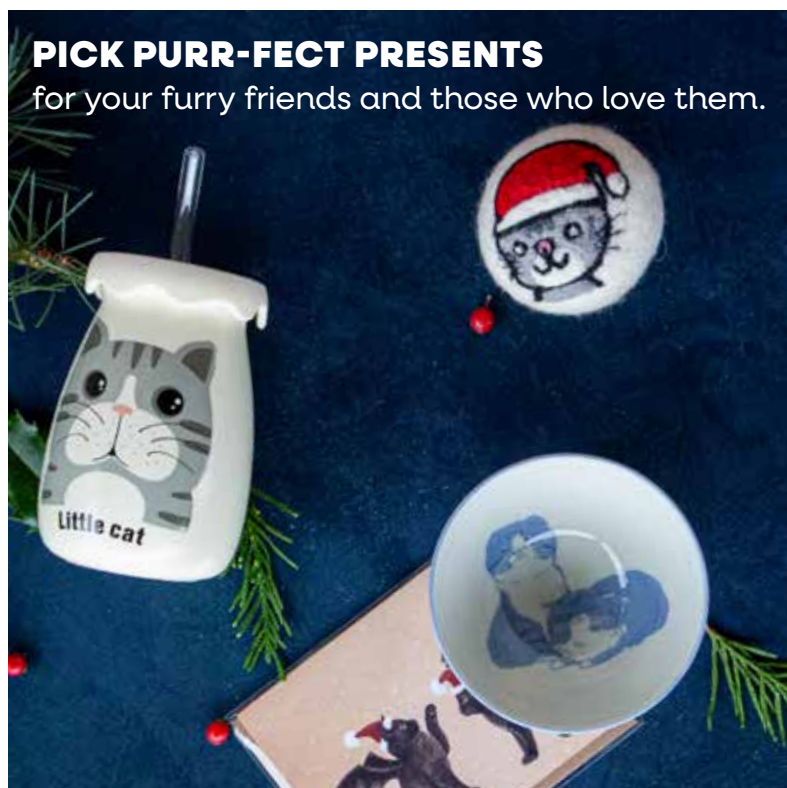
Trim your tree with our delightful selection of fair trade, handmade felt ornaments

Beeswax candles and tapers will cast their warm glow in your home as the nights grow dark and chill.



PICK PURR-FECT PRESENTS

for your furry friends and those who love them.





STAY WELL IN BODY AND SOUL THIS HOLIDAY

The holidays can bring their challenges, too. Meet them proactively by boosting your immune system and making time to relax.

Too much caroling? Organic **Throat Coat** cough drops by **Traditional Medicinals** help soothe sore throats. Need a little something to support your spirit or lift the fog? Try mushroom- and adaptogen-filled mushrooms from **Microjoy**. And find all sorts of bath bombs, foams, and fizzes to help you unwind in the bath, from **Saavy**, **Auracacia**, **Inesscents**, and more.

While all of these might be great for promoting your own wellness this season, they're perfect gifts for your loved ones, too! **Booda Butter**, lip balms from **Humble**, and locally-made mini soap bars from **Silver Falls Sustainability Co.** all make excellent stocking stuffers.



Vendor Spotlight:



PROVEN IMMUNE DEFENSE*

Oyster mushrooms are celebrated for their ability to support immune health and overall wellness. Now, Terry Naturally® delivers the power of these mushrooms with PleuraMax™ Upper Respiratory Health formulas, featuring clinically studied Immunoglukan P4H® pleuran. This unique bioactive compound, found only in oyster mushrooms, has been shown to promote natural resistance and strengthen your body's defenses.*

Backed by over 25 years of research and 40 published studies, Immunoglukan P4H has helped millions worldwide support their immune health.* Available in two potent formulas, PleuraMax delivers real-world benefits you can feel.

PLEURAMAX

\$19.99

30 vcaps | **Save \$8**



BRONCHIAL



EAR



SINUS



THROAT



NEW!

Try **PleuraMax™** today to support healthy respiratory function, and help maintain bronchial, sinus, ear, and throat health year-round.*

MONEY-BACK GUARANTEE

Imunoglukan P4H® is a registered trademark of Pleuran, s.r.o. Bratislava, Slovakia.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

**Terry
Naturally.**

EuroPharmaUSA.com

LifeSourceNaturalFoods.com

VITAL PLANET

ORGANIC FLORA PROBIOTICS

Gut Balance • Men's Daily
Women's Daily • Senior's Daily

\$23.99

30 caps | **Save \$9**



Vital Planet focuses on strain diversity for formulas that more closely mirror a healthy and highly diverse human gut.

ORGANIC FLORA, THE HIGHLY DIVERSE PROBIOTIC WITH 60 STRAINS



NEW!



CV Sciences
CBD GUMMIES

Sleep • Calm

\$24.99

30 chews | **Save \$11**



Solaray
MAGNESIUM GLYCINATE

350 mg per serving

\$15.99

120 vcaps | **Save \$4**



Zhou
HAIRFLUENCE

\$19.99

60 ct | **Save \$10**

ANCIENT NUTRITION



CREATINE + COLLAGEN

with electrolytes

\$26.99

9.6 oz | **Save \$11**

LifeSource natural foods BRAND SUPPLEMENTS



MELATONIN

3 mg

\$5.99

60 tab | Save \$2



ULTIMATE SLEEP FORMULA

\$13.49

50 vcap | Save \$3.50



5-HTP

100 mg

\$19.99

60 cap | Save \$3.50



L-THEANINE

200 mg

\$22.99

60 cap | Save \$6

BOIRON



COLD CALM

\$9.99

60 ct | Save \$3



THROAT CALM

\$9.99

60 ct | Save \$3



SINUS CALM

\$9.99

60 ct | Save \$3



Olbas AROMATIC INHALER

\$4.29

ea | Save \$2.70



Olbas OLBAS OIL

\$6.79

0.32 fl oz | Save \$3.70

Wellness • On Sale 12/17 - 12/30

SOOTHING TOUCH



AYURVEDIC MASSAGE OIL

Calming
Lavender

\$7.99

8 fl oz | **Save \$5**



Himalaya TOOTHPASTE

Select Varieties

\$5.29

4-5.29 oz | **Save \$2.70**



Radius SOURCE TOOTHBRUSH

Soft

\$7.99

ea | **Save \$4**

Radius REPLACEMENT HEADS

Soft

\$5.49

2 pk | **Save \$2.50**



Inesscents CBD BATH SALTS, SOAKS & FIZZ

Citrus • Mustard Detox
Lavender • Forest Bathing
Unscented

\$7.99

3.5-4 oz | **Save \$2**



Booda Organics BOODA BUTTER

\$9.99

2.3 oz | **Save \$3**

**STAFF
FAVORITE**



Inesscents NATURAL PERFUME OIL

Your Choice of Roll-Ons

\$15.99

0.3 fl oz | **Save \$4**



Heritage ROSEWATER MIST

\$8.49

8 fl oz | **Save \$3**



Heritage CASTOR OIL & ROSEMARY

Volumizing Hair Treatment

\$13.99

4 fl oz | **Save \$5**

Wellness • On Sale 12/17 - 12/30



Badger
TATTOO BALM
\$7.99
2 oz | Save \$3



Badger
BEARD OIL
\$11.99
1 fl oz | Save \$3.50

FAT AND THE MOON



EYE COAL
Leaf • Earth
Lapis • Coal
\$12.99
0.15 oz | Save \$7



LIP PAINT
Your Choice
\$15.99
0.15 oz | Save \$10



HIGHLIGHTER
Glow • Lit • Beam
\$14.99
0.15 oz | Save \$7



TINTED LIP BALM
Ruby Red
\$12.99
0.5 oz | Save \$7

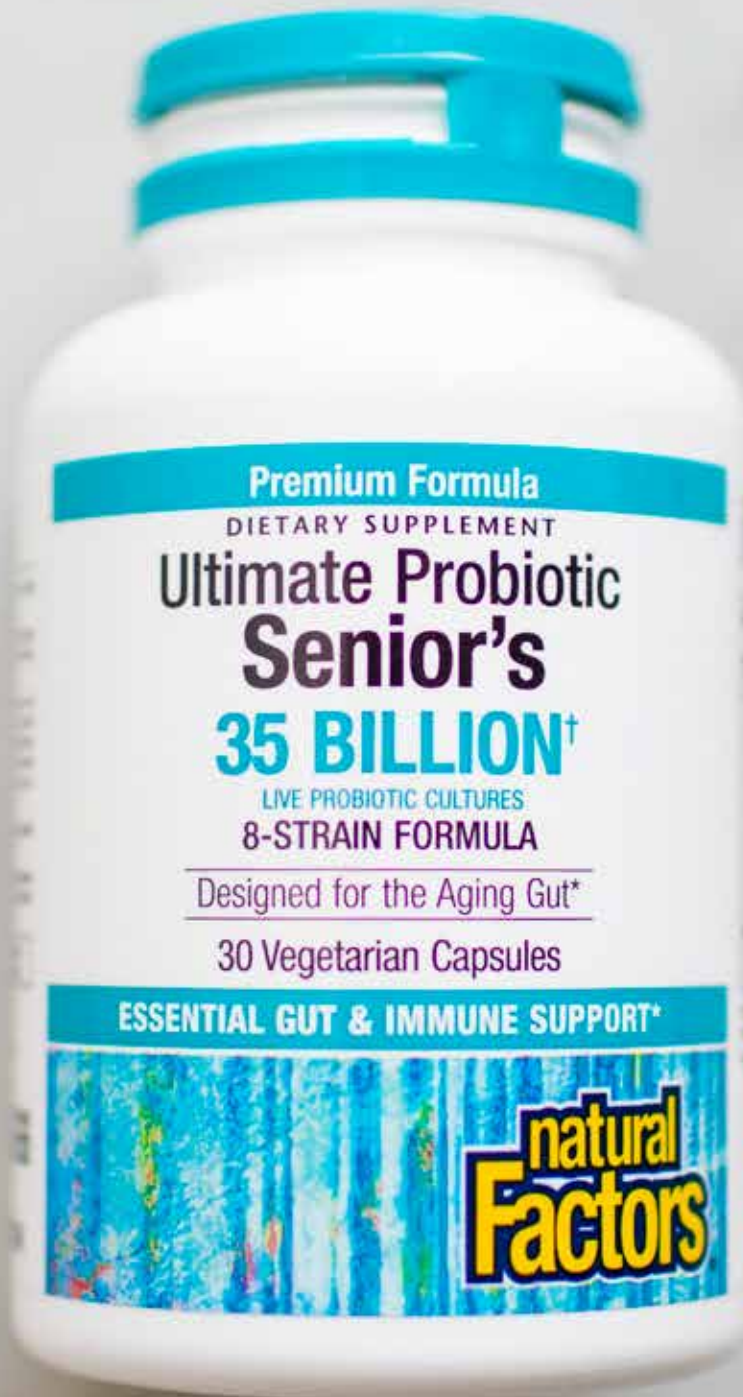


LIP & CHEEK STAIN
\$12.99
0.5 oz | Save \$11



Over 1000 items on SALE! • 12/17 - 12/30

NATURAL FACTORS



Natural Factors is a leader in probiotic science and innovation with over 40 years' experience. Natural Factors' advanced probiotic supplements are designed based on the latest science and make it easy to choose the right formula for you.

Why choose Natural Factors probiotics?

- Research-supported strains and strengths
- Potency guaranteed through expiration
- Strain compatibility ensuring viability
- DNA mapping of each strain for guaranteed identity
- Guaranteed acid resistance; no enteric coating needed!
- Non-GMO
- Third-party certified for purity and potency

ULTIMATE PROBIOTIC SENIOR'S

35 Billion Probiotic
Cultures

\$17.99

30 vcaps | **Save \$5**

