



Healthy
Living
Market and Cafe



Woodstock
Organic Tofu
14 OZ
Select varieties
Reg price \$2.39

\$1.79



Liberte Yogurt
Mediterranee
Yogurt
6 OZ
Select varieties
Reg price \$1.59

10/\$10



Annie's Homegrown
Macaroni &
Cheese
6 OZ
Select varieties
Reg price \$1.99

4/\$5



Food Should Taste
Good
Tortilla Chips
5.5 OZ
Reg price \$2.99

2/\$4

PRICES GOOD AUGUST 5 - SEPTEMBER 1 • WHILE SUPPLIES LAST

3065 ROUTE 50, SARATOGA SPRINGS, NY 12866 • 518.306.4900 www.healthylivingmarket.com 222 DORSET ST, SOUTH BURLINGTON, VT 05403 • 802.863.2569



Stonyfield Farm
Organic Lowfat
Yogurt Squeezers
8.25 OZ
Select varieties

\$3.79



Horizon Organic Dairy
Colby Cheese
Shapes
5.5 OZ
Reg price \$4.99

\$3.49



Quorn Foods
Meatless and Soy
Free Chik' N
Nuggets
10.6 OZ, Other
varieties also on sale

\$3.99



So Delicious
Dairy Free
Frozen Dessert
1 PINT
Selected Varieties
Reg price \$5.99

2/\$10



Silk
Cashew, Almond,
Soy and Coconut
Milk
64 FL OZ
Select varieties

2/\$7



Wallaby Organic
Organic Low Fat
Greek Yogurt
5.3 OZ
Select varieties
Reg price \$1.99

2/\$3



Field Roast
Frankfurters
16 OZ
Reg price \$6.89

\$4.29



Hail Merry
Miracle Tarts
3 OZ
Reg price \$3.99

\$2.99



Munk Pack
Oatmeal Squeeze Packs
4.2 FL OZ
Select varieties
Reg price \$2.69

2/\$4



Nature's Path
Organic Waffles
7.5 OZ
Select varieties
Reg price \$2.99

\$2.49



Alvarado St. Bakery
Sprouted
Wheat Bagels
20 OZ
Select varieties
Reg price \$4.99

\$3.99



Kabrita
Goat Milk
Yogurt and Fruit
Pouch
Select varieties
4 OZ

3/\$5

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Grind-Your-Own
Honey Roasted
Peanut Butter
Reg price \$3.79

\$2.99/lb



Tierra Farms
Organic Black
Mission Figs
Reg price \$7.39

\$6.39/lb



Organic Bulk
Red Quinoa
Reg price \$6.99

\$5.99/lb



Bob's Red Mill
Gluten Free
Almond Flour
Reg price \$8.99

\$7.99/lb



Lundberg
Organic Brown
Basmati Rice
Reg price \$3.19

\$2.79/lb



Tierra Farms
Organic Date
Coconut Rolls
Reg price \$8.49

\$7.99/lb



Marich Confectionary
Natural Green
Bean Jelly Beans
Reg price \$6.99

\$6.29/lb



Organic Bulk
Black Chia Seeds
Reg price \$10.99

\$7.49/lb



Organic Bulk
Evaporated Cane
Sugar
Reg price \$1.79

\$1.49/lb



Organic Bulk
Millet
Reg price \$1.99

\$1.69/lb



Ballston Lake Apiaries
Bee Pollen
Reg price \$14.79

\$12.99/lb



Tierra Farms
Organic Pine
Nuts
Reg price \$29.99

\$26.99/lb

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Oh Peaches!

LEMONY PEACH PUDDING

The height of summer means juicy, fragrant, amazingly luscious peaches. For an ultimate peach treat try this!

- 4 cups peach chunks
- 1/2 cup sugar
- 1/3 cup butter
- 1 lemon, zest and juice
- 1 egg
- 1/2 tsp vanilla
- 2/3 cup milk
- 1 tsp baking powder
- 1/4 tsp salt
- 1 cup flour

DIRECTIONS:

Preheat oven to 350°F. Cook peaches with 1/2 cup sugar and juice of lemon until tender.

For the batter, cream the butter with 2/3 cup sugar. Add the lemon zest and egg, beating until fluffy. Add the vanilla to the milk. Combine the baking powder, salt and flour in a separate bowl.

Alternately, add the milk and flour mixtures to the creamed ingredients, beating well after each addition. Pour batter into a buttered, deep baking dish. Pour the hot peaches over the batter. Bake 45 minutes uncovered. Serve warm with vanilla ice cream for extra deliciousness!



We Love Local Farmers!

Our shelves and coolers are bursting with produce grown locally by the talented and dedicated farmers we love. Since the mid 80's we've been partnering with local farms, getting to know farmers, and working hard to help bring the bounty to market. It's been a long process, and worth it every minute because what's grown locally is really the best and we are so fortunate to live in areas surrounded by wonderful farms. Remember to thank your farmers next time you see them.



Local & Organic
Romaine Lettuce
Reg price \$2.69

\$2.29/ea



Eco Grown or
Conventional
Yellow Peaches
Reg price \$2.29

\$1.79/lb



Organic
**Heirloom
Tomatoes**

\$3.99/lb



Local & Organic
Watermelon

\$1.39/lb

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Plainville Farms
Turkey Burger
16 OZ
Reg price \$4.99

\$3.99



Waterhill Naturals
Sliced Maple
Smoked Ham or
Roasted Chicken
Breast
6 OZ
Reg price \$5.99

\$4.49



Vermont Smoke & Cure
Summer Sausage
6 OZ
Reg price \$5.29

\$3.99



Waterhill Naturals
Beef Hot Dogs
8 OZ
Reg price \$4.59

\$3.29

We Now Carry Waterhill Naturals Deli Meat!

We're loving this new addition to our Meat Department; Waterhill Natural deli meats are:

- Raised without Antibiotics
- Raised without Hormones
- No Added Nitrites or Nitrates
- Lower Sodium
- Gluten and Casein Free

TERRIFIC SANDWICH ADD-ON'S

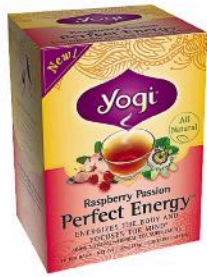
Try one of these to add zip to a sandwich:

- Siracha Mayo or Just Mayo
- Avocado
- Sir Kensington's Mustards
- Hot Pepper Jelly
- Kimchi, Sauerkraut or Pickled Veggies
- Tapenade or Pesto
- Bread and Butter or Dill Pickles
- Radish, Broccoli or Alfalfa Sprouts
- Fruit Chutney
- Arugula or Butter Lettuce



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Yogi
Raspberry
Passion Perfect
Energy Tea
16 bags
Reg price \$4.49

\$3.50



Newman's Own Organics
Newman O's Cookies
13 OZ, Select varieties
Reg price \$4.79

2/\$7



Purely Elizabeth
Ancient Grain
Granola
12 OZ
Select varieties
Reg price \$7.29

\$5.99



Kind
Gluten Free Bars
6.2 OZ
Select varieties
Reg price \$3.59

2/\$6



Peter Rabbit Organics
Organic Baby
Food
4.4 OZ
Select varieties
Reg price \$1.99

2/\$3



Pamela's Products
Whenever Bars
7.05 OZ
Selected Varieties
Reg price \$4.79

2/\$7



Santa Cruz Organic
Organic Apple Sauce
6/4 OZ
Select varieties

2/\$7



Snap Candies
Infusion
Superandy
1 OZ, Select varieties

2/\$3



San Pellegrino
Soda
6/11.1 fl oz
Reg price \$5.99

\$3.99



Zevia
Soda 6 Pack
6/12 FL OZ
Select varieties
Reg price \$5.49

\$4.49



Yummy Earth
Organic Lollipop
Bin
6 oz
Reg price \$4.79

\$3.79



Mom's Best Naturals
Cereal
Select varieties
Reg price \$3.99

2/\$6

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BAM!

THE BEST ALL MONTH SALES

BAM FEATURES THE BEST SALES WE HAVE ALL MONTH!
WE PICK OUR MOST POPULAR ITEMS AND MARK THEM
DOWN, GIVING YOU THE OPPORTUNITY TO BUY
FANTASTIC FOOD AT DEEP DISCOUNTS.



Grandy Oats
Organic Chocolate
Almond Trail Mix
Reg price \$12.99

\$7.99/lb



Annie's Naturals
Organic Ketchup
24 OZ
Reg price \$2.99

\$1.79



GTS Kombucha
Organic
Kombucha
16 FL OZ
Reg price \$3.79

2/\$6



Napa Valley Naturals
Organic Extra
Virgin Olive Oil
25.4 FL OZ
Reg price \$13.99

\$6.99



Stahlbush Island Farms
Frozen Vegetables
10 OZ, Select varieties
Reg price \$2.49

2/\$3



Udi's
Gluten Free Bread
12 OZ, Select
varieties
Reg price \$5.69

2/\$8



Poland Spring
Natural Spring
Water
1 Gal, Reg price \$1.79

4/\$5



Spectrum
Chia, Flax &
Cocoa Blend
12 OZ, Reg Price \$9.49

2/\$10



Woodstock
Natural Hardwood
Lump Charcoal
8.8 LB, Reg price \$11.99

\$7.99



Giovanni
Smooth As Silk Shampoo
or Conditioner
8.5 FL OZ, Reg price \$7.19

2/\$8



Imported
Grated Pecorino
Romano
Reg price \$6.99

\$3.99/lb



Imported
Gorgonzola Dolce
price /lb
Reg price \$12.99

\$8.09/lb

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Barbara's Bakery
Puffins Cereal
Various sizes
Selected Varieties
Reg price \$4.99

2/\$6



Enjoy Life
Crunchy Flax
Cereal
10 OZ
Reg price \$3.99

2/\$5



Enjoy Life
Rice Milk
Chocolate Bar
1.12 OZ, Reg price \$1.99

2/\$3



Health Valley
Organic Cereal
Bar
7.9 OZ
Select varieties
Reg price \$5.99

\$3.99



Cascadian Farm
Organic Cereal
Various sizes
Selected Varieties
Reg price \$4.79

2/\$6



Annie's Naturals
Organic
Mustards
9 OZ
Select varieties
Reg price \$3.49

2/\$5



Drew's All Natural
All Natural
Dressing
12 FL OZ
Select varieties
Reg price \$2.99

2/\$5



Bearitos
Little Bear
Crunchitos
6 OZ
Reg price \$3.19

2/\$5



Lesser Evil
Organic
Popcorn
5 OZ
Select varieties
Reg price \$3.49

2/\$6



Lundberg Family Farms
Rice Chips
6 OZ
Select varieties
Reg price \$3.29

\$2.29



Kettle Brand
Salt & Fresh
Pepper Krinkle
Cuts
5 OZ
Reg price \$4.99

2/\$6



Ojai Cook
Organic
Lemonaise
12 OZ
Select varieties
Reg price \$5.19

\$4.49

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A Very Special Wine!

BELLE GLOS PINOT NOIR

When I asked our wine experts what Belle Glos Pinot goes well with, they all said (at the same time), "EVERYTHING! It's the greatest wine!" Everything from perfectly grilled herby chicken to hamburgers is simply better with this wonderful pinot.

NINA'S ULTIMATE BURGER

Nina, a co-owner of Healthy Living, a classically trained chef and a lover of great summertime burgers. Here's her take on it.

1. Shape your favorite locally raised ground beef into 1 1/2" thick patties with a slight indentation in the center.
2. Rub with vegetable oil, liberally shower with salt and pepper.
3. Heat your grill so you have a hot and a less-hot area. Place burgers on the hot side of grill to give them some beautiful grill marks on both sides. Move to the cooler side so they cook slowly, which renders the fat, keeping the burger moist and juicy.
4. Cook them medium rare, take them off the grill and give them a 5 minute rest so the juices stay in the burgers.



Best Bun: Challah bun

Favorite Ketchup:
Stonewall Kitchen Country Ketchup

On Top: Sliced Spanish onion,
Bibb lettuce and a dab of mayo

Wine Pairing: Belle Glos Pinot, of course!



Neighborly Farms
Organic Raw
Milk Cheddar
Reg price \$12.99

\$8.29/lb



Aviary
Napa Valley
Chardonnay
750 ml
Reg price \$18.99

\$15.99



Consider Bardwell
Rupert
Reg price \$22.99

\$14.79/lb



Belle Glos
Las Alturas
Pinot Noir
750 ml
Received 93 Points
from Wine Spectator
Reg price \$55.99

\$39.99

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Teas' Tea
Ready to Drink
Tea
16.9 FL OZ
Select varieties
Reg Price \$2.19

2/\$3



Crofters
Organic
Premium Spread
10 OZ
Select varieties
Reg price \$4.49

2/\$7



Endangered Species
Natural
Hazelnut Spread
with Cocoa
9.7 OZ
Reg price \$7.49

\$5.49



Ancient Harvest
Organic Quinoa
12 OZ
Select varieties
Reg price \$6.49

\$5.49



Laurel Hill
Extra Virgin
Olive Oil
25.4 FL OZ
Reg price \$13.99

\$11.99



Gaea
Olive Snack
Packs
2.3 OZ
Select varieties
Reg price \$3.29

2/\$5



Lundberg Family
Farms
Rice &
Seasoning Mix
6 OZ
Select varieties
Reg price \$3.49

2/\$5



Montebello
Organic Pasta
1 LB
Select varieties
Reg price \$4.19

2/\$6



Koyo
Organic Udon
or Soba Noodles
8 OZ
Reg price \$2.79

2/\$4



Seventh Generation
Ultra Liquid
Laundry
100 FL OZ
Select varieties
Reg price \$12.99

\$11.99



Nutrition Now
Gummy Multi
Vitamins
70 CT
Reg price \$8.99

\$6.99



Nutrition Now
Prenatal
Gummies
75 CT
Reg price \$13.49

\$10.49

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Andalou Naturals
Hand Cream
3.4 FL OZ
Reg price \$8.09

2/\$12



Shikai Products
Coconut Hand
& Body Lotion
8 FL OZ
Reg price \$8.19

\$6.49



Quantum Health
Zinc Elderberry
Lozenges
14 ct
Reg price \$2.39

2/\$4



Jason
PowerSmile
Whitening
Toothpaste
6 OZ

2/\$10



Jason
Sea Fresh
Toothpaste
6 OZ
Reg price \$6.29

2/\$10



Natural Dentist
Mouth Rinse
16.9 FL OZ
Reg price \$9.99

\$7.49



Natural Dentist
Toothpaste
5 OZ
Reg price \$7.19

\$5.49



Nutrition Now
Rhino Gummy
Bear Vitamins
70 Chews
Reg price \$8.99

\$6.99



Barleans
Flax, Chia and
Coconut Blend
12 OZ
Reg price \$11.99

\$8.99



Spectrum Essentials
Ground Chia
Seeds
10 OZ
Reg price \$10.69

\$8.49



Spectrum Essentials
Whole Chia
Seeds
12 OZ
Reg price \$11.49

\$8.99



New Chapter
Turmeric Force
30 Soft gels
Reg price \$24.99

\$18.49

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CHECK OUT OUR DEEP DISCOUNTS!

SAVE \$1

**ANCIENT HARVEST
Organic Quinoa**

12 oz. Select varieties. Good through 9.1.2015. No cash value; one-time use only; cannot be combined with other offers; one per customer, per transaction. Good at Healthy Living Market & Cafe only.



50¢ OFF

**BARBARAS
Puffins Cereal**

Various sizes. Good through 9.1.2015. No cash value; one-time use only; cannot be combined with other offers; one per customer, per transaction. Good at Healthy Living Market & Cafe only.



\$1.00 OFF

**NEW CHAPTER
Turmeric Force**

30 caps. Good through 9.1.2015. No cash value; one-time use only; cannot be combined with other offers; one per customer, per transaction. Good at Healthy Living Market & Cafe only.



SAVE \$1

**IZZE SODA
Assorted Varieties**

48 fl oz. Good through 9.1.2015. No cash value; one-time use only; cannot be combined with other offers; one per customer, per transaction. Good at Healthy Living Market & Cafe only.



50¢ OFF

**LESSEREVIL
Popcorn**

Assorted varieties. 5 oz. Good through 9.1.2015. No cash value; one-time use only; cannot be combined with other offers; one per customer, per transaction. Good at Healthy Living Market & Cafe only.



50¢ OFF

**FIELD ROAST
Frankfurter**

16 oz. Good through 9.1.2015. No cash value; one-time use only; cannot be combined with other offers; one per customer, per transaction. Good at Healthy Living Market & Cafe only.



50¢ OFF

**STONEFIELD
Yogurt**

Assorted varieties, 16 oz. Good through 9.1.2015. No cash value; one-time use only; cannot be combined with other offers; one per customer, per transaction. Good at Healthy Living Market & Cafe only.



SAVE \$1

**QUORN
Meat Alternatives**

Assorted varieties and sizes. Good through 9.1.2015. No cash value; one-time use only; cannot be combined with other offers; one per customer, per transaction. Good at Healthy Living Market & Cafe only.



SAVE \$1

**HORIZON
Colby Cheese Shapes**

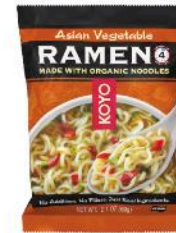
5.5 oz. Good through 9.1.2015. No cash value; one-time use only; cannot be combined with other offers; one per customer, per transaction. Good at Healthy Living Market & Cafe only.



50¢ OFF

**SHIKAI
Gardenia Lotion**

8 fl oz. Good through 9.1.2015. No cash value; one-time use only; cannot be combined with other offers; one per customer, per transaction. Good at Healthy Living Market & Cafe only.



**Koyo
Ramen Soup
Singles
2.1 OZ
Select Varieties
Reg price \$1.29**

10/\$10



**Stonyfield Farm
Yotoddler
Yogurt
3.7 OZ
Reg price \$1.49**

3/\$4



**Once Again
100% Organic
Crunchy No Salt
Peanut Butter
16 OZ
Reg price \$7.49**

\$5.49



**Nutrition Now
Women's
Gummy
Vitamins
70 CT
Reg price \$10.09**

\$7.99

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