

**INGREDIENTS:** Almonds, sunflower seeds, and sesame seeds.

This raw seed and nut butter is freshly ground multiple times (from sproutable and/or raw nuts and seeds) to keep the temperature low enough to retain enzymes and life energy, it's then immediately refrigerated. Therefore, it's healthful and full of life energy for you.

SERVING'SUGGESTIONS: Delicious by itself. Satisfy your sweet tooth by mixing with dried or fresh fruit, including dates, raisins, figs, apples, bananas, papayas, etc. Smooth onto rice cakes or bread. Make dressing in blender by mixing with any of the following: avocados, a little water, garlic, tomatoes, Raw Cultured Vegetables. This Fresh, Raw Luscious Seed & Nut Butter tastes great with Raw Cultured Vegetables in a bowl or on your sandwich. May contain almond or sunflower seed shells. ALLERGEN WARNING: This product contains almonds, sunflower

Nutritional information Typical values per 100g

Energy: 2568kj, 618kcal
Protein: 22.6g
Carbohydrates: 11.8g
of which sugars 2.67g
Fats 54.9g
of which saturates 7.9g
Fibre 4.9g
Sodium Trace

## ALSO AVAILABLE:

Assorted flavours of Fresh, Raw Nut Butters, Seed Butters, and Mixtures (refrigerated and dated); Raw Cultured Vegetables - salt-free or with sea salt including Vegi-Delite, Live Zing Salad, and Kim-Chi (delicious & healthful) SUPERIOR QUALITY! Satisfaction Guaranteed or Your Money Back! (contact us)

Rejuvenative Foods P.O. Box 8464

Santa Cruz, CA 95061 (831) 457-2418 www.rejuvenative.com Pesticide and Chemical Free

Pesticide and Chemical Fr Made in U.S.A.

DISTRIBUTED BY: Red23 Ltd., 5 Abridge Mews, Market Place, Abridge, Essex, RM4 1BA 01992 815 859 www.red23.co.uk



100% PURE because we clean our machines between batches



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