

INGREDIENT: Hazel Nuts (100%)

We make our raw Hazel Nut Butter by grinding hazel nuts four or more times (from sproutable and/or fresh hazel nuts). Slow, repetitive grinding and cooling keeps the temperature low enough to retain enzymes and life energy. We then refrigerate it immediately to bring you a product that is truly superior, healthful and full of life energy! Serving Suggestions: Delicious by itself. Satisfy your sweet tooth by mixing with dried or fresh fruit, including dates, raisins, figs, apples, bananas, papaya, etc. Smooth onto rice cakes Raw Nut Butters, Seed Butters, and or bread. Make dressing in blender by mixing with any of the Mixtures (refrigerated and dated); following: avocados, a little water, garlic, tomatoes, cultured Raw Cultured Vegetables - salt-free vegetables. This Fresh, Raw Hazel Nut Butter also tastes great with Raw Cultured Vegetables in a bowl or on your sandwich. ALLERGEN WARNING: This product contains Hazel Nuts.

SUPERIOR QUALITY! Satisfaction Guaranteed or Your Money Back! (contact us)

Carbohydrates: of which sugars 4.0g ALSO AVAILABLE: Assorted flavours of Fresh, Fats of which saturates 4.7g Fibre Sodium

or with sea salt - including Vegi-Delite, Live Zing Salad, and Kim-Chi (delicious and healthful) 45626 08413 **Rejuvenative Foods** P.O. Box 8464 Santa Cruz, CA 95061 (831) 457-2418 www.rejuvenative.com Pesticide and Chemical Free 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

Rejuvenative Foods



INGREDIENT: Hazel Nuts (100%)

We make our raw Hazel Nut Butter by grinding hazel nuts four or more times (from sproutable and/or fresh hazel nuts). Slow, repetitive grinding and cooling keeps the temperature low enough to retain enzymes and life energy. We then refrigerate it immediately to bring you a product that is truly superior, healthful and full of life energy! Serving Suggestions: Delicious by itself. Satisfy your sweet tooth by mixing with dried or fresh fruit, including dates, raisins, figs, apples, bananas, papaya, etc. Smooth onto rice cakes or bread. Make dressing in blender by mixing with any of the following: avocados, a little water, garlic, tomatoes, cultured Raw Cultured Vegetables - salt-free vegetables. This Fresh, Raw Hazel Nut Butter also tastes great with Raw Cultured Vegetables in a bowl or on your sandwich. ALLERGEN WARNING: This product contains Hazel Nuts.

SUPERIOR QUALITY! Satisfaction **Guaranteed** or Your Money Back! (contact us)

ALSO AVAILABLE:

Assorted flavours of Fresh, Raw Nut Butters, Seed Butters, and Mixtures (refrigerated and dated); or with sea salt - including

Vegi-Delite, Live Zing Salad, and Kim-Chi (delicious and healthful)

Nutrition information Typical values per 100g

Nutrition information

Typical values per 100g

Energy:

Protein:

2685kj, 650kcal

14.1g

6.0g

63.5g

6.5g

Trace

Energy: 2685kj, 650kcal Protein: 14.1g Carbohydrates: 6.0g of which sugars 4.0g Fats 63.5g of which saturates 4.7g Fibre 6.5g Sodium Trace

45626 08413

Rejuvenative Foods P.O. Box 8464 Santa Cruz, CA 95061 (831) 457-2418 www.rejuvenative.com Pesticide and Chemical Free 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

Perishable Keep Refrigerated