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Nutrition Facts

Serving Size 1 tablespoon (14g)
Servings Per Container 32

Amount Per Serving

Calories 80 Fat Cal. 60

% Daily Value*

Total Fat 7g 10%

Saturated Fat 1g 3%

Trans Fat 0g 0%

Cholesterol 0mg 0%

Sodium 1mg 0%

Total Carbohydrate 3g 1%

Dietary Fiber 2g 6%

Sugars 0g

Protein 3g 6%

Vitamin A 0% • **Vitamin C** 0%

Calcium 6% • **Iron** 6%

*Percent Daily Values are based on a 2,000 calorie diet.



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or Your Money Back.
(See our web site)*

**Rejuvenative/
Deer Garden Foods**
P.O. Box 8464
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(800) 805-7957

Certified Organic by OneCert
Made in the USA

*Recipes & health facts at
www.rejuvenative.com



0 45626 84113 2

Rejuvenative Foods



100% Organic

LOW-TEMP GROUND!

Fresh Raw Luscious Seed & Nut Spread

ARTISAN

A VEGAN, TRANS-FAT-FREE
GMO-FREE AND GLUTEN-FREE FOOD



For Best Quality, Keep Refrigerated NetWt. 16 oz. (454g)

ALL RAW ORGANIC INGREDIENTS: Almonds, sunflower seeds and sesame seeds.

To make this superior, creamy, delicious, healthy and full of life energy, we low-temperature grind, then cool small batches of fresh almonds, sunflower and sesame seeds 4 or more times and then refrigerate. This Luscious Seed & Nut Spread is more readily digestible than whole dry nuts and seeds because it is ground up (smaller particles are more assimilable). **SERVING SUGGESTIONS:** Delicious by itself, on rice cakes or bread. Sweeten with dried or fresh fruit, honey, agave or sweetener of choice. Make dressing* in blender by mixing with any of the following: avocados, water, garlic, tomatoes, cultured vegetables. Delicious with Raw Cultured Vegetables and as an enhancement to sauces, rice, grains and beans. Use in tortillas, sushi, raw food rolls & burritos. **ALSO AVAILABLE**, organic & in assorted sizes: 17+ flavors of Raw Cultured Vegetables, salt-free or health-salted; Raw Cultured Ketchup & Pickles; 21+ fresh, pure & Raw Nut & Seed Butters, including 5 dessert nut butters, sweetened with either honey, dates or mulberries; super-fresh raw completely low-temp processed oils to consume & apply externally; 2 unique GinkgoGreen Teas; vanilla-infused Ultimate Brazilla; healthfully sweetened Chocolate Spreads & pure organic Unsweetened Chocolates.

100% PURE because we clean our machines between batches