

# Rejuvenative Foods

100% Organic

LOW-TEMP GROUND!

Fresh Raw

PUMPKIN SEED BUTTER

ARTISAN

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

**INGREDIENT:** Raw, organic pumpkin seeds

To make this superior, creamy, delicious, healthful and full of life energy, we low-temperature grind, then cool small batches of fresh pumpkin seeds 4 or more times and then refrigerate. This Pumpkin Seed Butter is more readily digestible than whole dry pumpkin 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 and in assorted sizes: 12 flavors of Raw Cultured Vegetables, salt-free or health-salted; 18 fresh, pure and raw nut and seed butters, including 5 dessert nut butters, sweetened with either honey, dates or mulberries; super-fresh raw completely low-temp processed health oils to consume and apply externally; and honey- or agave-sweetened chocolate spreads that are guaranteed to be a Fresh-Pure favorite.



**SUPERIOR QUALITY!**  
*Satisfaction Guaranteed  
or Your Money Back!*  
(See our web site)

**Rejuvenative Foods**  
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(800) 805-7957

Certified Organic by OneCert  
Made in the USA  
**\*Recipes & health facts at  
[www.rejuvenative.com](http://www.rejuvenative.com)**

## Nutrition Facts

Serving Size 1 Tbsp (14g)  
Servings per container about 36

### Amount Per Serving

<b>Calories</b> 47	
<b>Total Fat</b> 4g	6%
Saturated Fat 0.7g	4%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 2mg	0%
<b>Total Carbs</b> 1.5g	1%
Dietary Fiber 0.3g	1%
Sugars less than 1g	
<b>Protein</b> 2g	4%
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 7%	

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



For Best Quality, Keep Refrigerated Net Wt. 16 oz. (454g) **100% PURE** because we clean our machines between batches