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Nutrition Facts

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

Amount Per Serving

Calories 86 **Fat Cal.** 63

% Daily Value*

Total Fat 7g 11%

Saturated Fat 1g 5%

Trans Fat 0g 0%

Cholesterol 0mg 0%

Sodium 11 mg 1%

Total Carbohydrate 3.9g 1%

Dietary Fiber 1.4g 6%

Sugars less than 1g

Protein 2.7g 5%

Vitamin A 0% • **Vitamin C** 0%

Calcium 6% • **Iron** 2%

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



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*Recipes & health facts at
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Rejuvenative Foods



100% Organic

LOW-TEMP GROUND!
DELICIOUS!

FRESH RAW

Tahini

ARTISAN

AVEGAN, GMO-FREE,
TRANS-FAT-FREE AND GLUTEN-FREE FOOD

For best quality, keep refrigerated NetWt. 16 oz. (454g)

ORGANIC INGREDIENT: Raw, mechanically hulled sesame seeds. To make this superior, creamy, delicious, healthful and full of life energy, we low-temperature grind, then cool small batches of fresh sesame seeds 4 or more times and then refrigerate. Sesame seeds are a source of calcium, protein, B vitamins and essential fatty acids* and have been enjoyed by world cultures for thousands of years. This Raw Tahini is more readily digestible than whole dry sesame 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 Ginkgo Green teas; vanilla-infused Ultimate Brazilla; healthfully sweetened Chocolate Spreads & pure organic Unsweetened Chocolates.

100% PURE because we clean our machines between batches