

## **ORGANIC INGREDIENT:** Sunflower seeds

To make this superior, creamy, healthy and full of life energy, we low temperature grind, then cool small batches of fresh sunflower seeds 4 or more times and then refrigerate. Sunflower seeds are a source of protein, calcium, iron, potassium, Vitamin E and essential fatty acids\*. This Raw Sunflower Butter is more readily digestible than whole dry sunflower seeds because it is ground up (smaller particles are more assimilable). SERVING SUGGESTIONS: Delicious by itself, on rice cakes or bread. (831) 462-6715 ◆ (800) 805-7957 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.

P.O. Box 8464 Santa Cruz, CA 95061 Certified Organic by OneCert

**Reiuvenative Foods** 

Made in the U.S.A. Recipes & health facts at \*www.rejuvenative.com