





ORGANIC INGREDIENT: Raw cashews

To make this superior, creamy, delicious, healthful and full of life energy, we low-temperature grind, then cool small batches of fresh cashews 4 or more times and then refrigerate. This raw cashew butter is more readily digestible than whole dry cashews 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. * Percent Daily Values are based on a 2,000 calorie diet. Your daily values maybe highe or lower depending on your calorie need

Nutrition Facts Serving Size | Tbsp (14g) Servings per container about 18 Amount Per Serving Calories 77 Total Fat 6g 9% 6% Saturated Fat 1.1g Trans Fat 0g Cholesterol Omg 0% Sodium 2mg 0% Total Carbs 4g 2% Dietary Fiber 0.5g Sugars less than I g Protein 2.5g Vitamin A 0% • Vitamin C 0% Calcium 1% · Iron 5%



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