

## **INGREDIENT:** Organically grown raw hazel nuts.

We make our raw Hazel Nut Butter by grinding organic hazel nuts four or more times (from sproutable and/or fresh hazel nuts). Slow, repetitive grinding and cooling keeps the temperature low enough to retain enzymes and life energy.We then refrigerate it immediately to bring you a product that is truly superior, healthful and full of life energy! **SERVING SUGGESTIONS:** Delicious by itself. Satisfy your sweet tooth by mixing with dried or fresh fruit, including dates, raisins, figs, apples, bananas, papayas, etc. Smooth onto rice cakes or bread. Make dressing in blender by mixing with any of the following: avocados, a little water; garlic, tomatoes, Raw Cultured Vegetables. This Fresh, Raw Organic Hazel Nut Butter also tastes great with Raw Cultured Vegetables in a bowl or on your sandwich.

Keep Refrigerated For Best Quality Net Wt. 8 oz. 100% PURE because we clean our machines between batches



Rejuvenative Foods

LOW-TEMP GROUND: FRESH AND RAW Hazel Nut Butter FREE OF TRANS-FATS AND GLUTEN

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