


**Rejuvenative Foods**  
100% Organic  
LOW-TEMP GROUND!  
**Fresh Raw**  
**Luscious**  
**Seed & Nut Spread**  
ARTISAN VEGAN  
A TRANS-FAT-FREE AND GLUTEN-FREE FOOD  
For Best Quality Keep Refrigerated Net Wt. 8 oz. (227g)

**ORGANIC INGREDIENTS:** Almonds, sunflower seeds and sesame seeds  
To make this superior, creamy, delicious, healthy and full of life energy, we low-temperature grind, then cool small batches of fresh almonds, sunflower and sesame seeds 4 or more times and then refrigerate. This Luscious Seed & Nut Spread is more readily digestible than whole dry nuts and 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.

**Nutrition Facts**  
Serving Size 1 Tbsp (14g)  
Servings per container about 18  
Amount Per Serving 1 tbsp  
**Calories 55**  
Total Fat 4.5g 7%  
Saturated Fat 0.5g 3%  
Trans Fat 0g  
Cholesterol 0mg 0%  
Sodium 3mg 0%  
Total Carbs 2.1g 1%  
Dietary Fiber 1g 4%  
Sugars less than 1g  
Protein 2g 4%  
Vitamin A 0% • Vitamin C 0%  
Calcium 3% • Iron 2%  
\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values maybe higher or lower depending on your calorie needs.

**Rejuvenative Foods**  
P.O. Box 8464  
Santa Cruz, CA 95061  
(800) 805-7957  
(831) 462-6715  
Certified Organic by OneCert  
Made in U.S.A.  
\*Recipes & health facts at [www.rejuvenative.com](http://www.rejuvenative.com)  
  
0 45626 08114 9


**FRESH-LIVE  
OVER 25 YEARS  
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