

## Rejuvenative Foods



For Best Quality Keep Refrigerated Net Wt. 8 oz. (227g)

### 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. 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.

**100% PURE** because we clean our machines between batches

### Nutrition Facts

Serving Size 1 Tbsp (14g)	
Servings per container about 18	
Amount Per Serving	
<b>Calories</b> 93	
Total Fat 8g	12%
Saturated Fat 0.8g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbs 4.4g	2%
Dietary Fiber 1g	4%
Sugars less than 1g	
<b>Protein</b> 3g	6%
Vitamin A 0% • Vitamin C 1%	
Calcium 2% • Iron 4%	

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## Rejuvenative Foods

P.O. Box 8464  
Santa Cruz, CA 95061  
(831) 462-6715  
(800) 805-7957

Certified Organic by OneCert  
Made in U.S.A.

\*Recipes & health facts at  
[www.rejuvenative.com](http://www.rejuvenative.com)



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