

Rejuvenative Foods



Net Wt. 8 oz. (227g) For Best Quality Keep Refrigerated **100% PURE** because we clean our machines between batches

ORGANIC INGREDIENT: Pumpkin seeds

To make this superior, creamy, delicious, healthful and full of life energy, we low-temperature grind, then cool small batches of fresh pumpkin seeds 4 or more times and then refrigerate. This Pumpkin Seed Butter is more readily digestible than whole dry pumpkin 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. Use in sushi and raw food rolls.

Nutrition Facts

Serving Size 1 Tbsp (14g)
Servings per container about 18

Amount Per Serving	
Calories 47	
Total Fat 4g	6%
Saturated Fat 0.7g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbs 1.5g	1%
Dietary Fiber 0.3g	1%
Sugars less than 1g	
Protein 2g	4%
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 7%	

* 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



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Satisfaction Guaranteed or your Money Back!
(See our web site)

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