

Rejuvenative Foods

100% Organic

LOW-TEMP GROUND!

FRESH AND RAW

# Hazel Nut Butter

ARTISAN

A TRANS-FAT-FREE AND GLUTEN-FREE FOOD

VEGAN

**ORGANIC INGREDIENT:** 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.

## Nutrition Facts

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

### Amount Per Serving

<b>Calories</b> 29	
<b>Total Fat</b> 3g	5%
Saturated Fat 0.2g	1%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbs</b> 1g	0%
Dietary Fiber 0.5g	2%
Sugars less than 1g	
<b>Protein</b> .7g	1%
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 1%	

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

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

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



**SUPERIOR QUALITY!**

*Satisfaction Guaranteed or your*

*Money Back!*

*(See our web site)*

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