

Rejuvenative Foods

100% Organic

LOW-TEMP GROUND!

Fresh Raw

Luscious
Seed & Nut Spread

ARTISAN

VEGAN

A TRANS-FAT-FREE AND GLUTEN-FREE FOOD

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

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

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Certified Organic by OneCert

Made in U.S.A.

*Recipes & health facts at
www.rejuvenative.com



SUPERIOR QUALITY!

Satisfaction Guaranteed

or your Money Back!

(See our web site)