

## **ORGANIC INGREDIENT:** Raw pecans

We make our raw Pecan Butter by grinding organic pecans four or more times (from sproutable and/or fresh pecans). 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, papaya, etc. Smooth onto rice cakes or bread. Make dressing in blender by mixing with any of the following: avocados, a little water, garlic, tomatoes, cultured vegetables. This Fresh Raw Organic Pecan Butter also tastes great with Raw Cultured Vegetables in a bowl or on your sandwich.

## **Nutrition Facts** Serving Size | Tbsp (14g)

Servings per container about 18 Amount Per Serving | tbsp Calories 47 Total Fat 5g Saturated Fat 0.4g Trans Fat 0g Cholesterol Omg Sodium 0mg Total Carbs Ig Dietary Fiber 0.7g Sugars less than Ig

Protein 0.6g Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 1%

\* Percent Daily Values are based on a 2.000 calorie diet. Your daily

## Rejuvenative Foods

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