

# Rejuvenative Foods

100% Organic

LOW-TEMP GROUND!

## Fresh Raw PUMPKIN SEED BUTTER

ARTISAN

A TRANS-FAT FREE AND GLUTEN-FREE FOOD

VEGAN

**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

<b>Calories</b> 47	
<b>Total Fat</b> 4g	6%
Saturated Fat 0.7g	4%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 2mg	0%
<b>Total Carbs</b> 1.5g	1%
Dietary Fiber 0.3g	1%
Sugars less than 1g	
<b>Protein</b> 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  
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(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)



**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