

ORGANIC INGREDIENT: Raw mechanically hulled sesame seeds

or more times and then refrigerate. Sesame seeds are a source of calcium, protein, B vitamins and essential fatty acids* and have been enjoyed by world cultures for thousands of years. This Raw Tahini is more readily digestible than whole dry sesame 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. **VEGAN** Delicious with Raw Cultured Vegetables and as an enhancement to sauces, ATRANS-FAT-FREE AND GLUTEN-FREE FOOD rice, grains and beans. Use in tortillas, sushi, raw food rolls & burritos.

Nutrition Facts

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

Amount Per Serving	
Calories 86	
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium Img	1%
Total Carbs 3.9g	1%
Dietary Fiber 1.4g	6%
Sugars less than Ig	
Protein 2.7g	5%
Vitamin A 0% • Vitamin	C 0%
Calcium 6% • Iron 2%	

* Percent Daily Values are based on a 2,000

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