

## Rejuvenative Foods



Perishable Keep Refrigerated

Net Wt. 16 oz.

### INGREDIENT: Organically Grown, 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, 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 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 36	
Amount Per Serving	
<b>Calories 29</b>	
Total Fat 3g	5%
Saturated Fat 0.2g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0g	0%
Total Carbs 1g	0%
Dietary Fiber 0.5g	2%
Sugars less than 1g	
Protein .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.



**SUPERIOR QUALITY!**  
*Satisfaction Guaranteed  
or Your Money Back!*  
(contact us)

**Rejuvenative Foods**  
P.O. Box 8464  
Santa Cruz, CA 95061  
(831) 457-2418  
[www.rejuvenative.com](http://www.rejuvenative.com)  
Certified Organic by Monterey  
County Certified Organic  
Made in U.S.A.

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