

# Rejuvenative Foods

**100% Organic**

**LOW-TEMP GROUND!**

## Fresh Raw *Luscious* Seed & Nut Spread

**ARTISAN**

**AVEGAN, TRANS-FAT-FREE  
AND GLUTEN-FREE FOOD**

**INGREDIENTS:** Organically grown raw 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. **ALSO AVAILABLE**, organic and in assorted sizes: 12 flavors of Raw Cultured Vegetables, salt-free or health-salted; 18 fresh, pure and raw nut and seed butters, including 5 dessert nut butters, sweetened with either honey, dates or mulberries; super-fresh raw completely low-temp processed health oils to consume and apply externally; and honey- or agave-sweetened chocolate spreads that are guaranteed to be a Fresh-Pure favorite.



**SUPERIOR QUALITY!**

*Satisfaction Guaranteed  
or Your Money Back!*

*(See our web site)*

**Rejuvenative Foods**

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(800) 805-7957

Certified Organic by Monterey

County Certified Organic

Made in the USA

**\*Recipes & health facts at  
[www.rejuvenative.com](http://www.rejuvenative.com)**

### Nutrition Facts

Serving Size 1 Tbsp (14g)

Servings per container about 36

**Amount Per Serving**

**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 may be higher or lower depending on your calorie needs.



For Best Quality, Keep Refrigerated Net Wt. 16 oz. (454g)

**100% PURE** *because we clean our machines between batches*