

# Rejuvenative Foods

**100% Organic**  
*Vegan*

**LOW TEMP GROUND! FRESH AND RAW**

## Luscious Seed & Nut Spread

**A TRANS-FAT FREE AND GLUTEN-FREE FOOD**

**ORGANIC INGREDIENTS:** Almonds, sunflower seeds, and sesame seeds.

This raw seed and nut butter is freshly ground multiple times (from sproutable and/or raw nuts and seeds) to keep the temperature low enough to retain enzymes and life energy, it's then immediately refrigerated. Therefore, it's healthful and full of life energy for you. **SERVING SUGGESTIONS:** Delicious by itself. Satisfy your sweet tooth by mixing with dried or fresh fruit, including dates, raisins, figs, apples, bananas, papayas, etc. Smooth onto rice cakes or bread. Make dressing in blender by mixing with any of the following: avocados, a little water, garlic, tomatoes, Raw Cultured Vegetables. This Fresh, Raw Luscious Seed & Nut Butter tastes great with Raw Cultured Vegetables in a bowl or on your sandwich. May contain almond or sunflower seed shells).

### 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.



**SUPERIOR QUALITY!**  
*Satisfaction Guaranteed  
or Your Money Back!*  
(see our web site)

**Rejuvenative Foods**

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**www.rejuvenative.com**

Certified Organic by  
Monterey County  
Certified Organic  
Made in U.S.A.

Perishable - Keep Refrigerated

Net Wt. 16 oz. (456g)

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