

## Rejuvenative Foods

100% Organic

Vegan

LOW TEMP GROUND! FRESH AND RAW

# Luscious Seed & Nut Spread

FREE OF TRANS-FATS • GLUTEN FREE

Perishable Keep Refrigerated

Net Wt. 16 oz.

**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

<b>Calories</b> 55	
<b>Total Fat</b> 4.5g	7%
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 3mg	0%
<b>Total Carbs</b> 2.1g	1%
Dietary Fiber 1g	4%
Sugars less than 1g	
<b>Protein</b> 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**  
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.

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

CyanMagentaYellowBlack

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