

**INGREDIENT:** Raw, organic hazel nuts.

To make this superior, creamy, delicious, healthful and full of life energy, we low-temperature grind, then cool small batches of fresh hazel nuts 4 or more times and then refrigerate. This Hazel Nut Butter is more readily digestible than whole dry hazel nuts 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 agavesweetened chocolate spreads that are guaranteed to be a Fresh-Pure favorite.



## **SUPERIOR QUALITY!**

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## **Rejuvenative Foods**

P.O. Box 8464 Santa Cruz, CA 95061 (831) 462-6715 (800) 805-7957 Certified Organic by OneCert

Made in the USA

\*Recipes & health facts

\*Recipes & health facts at www.rejuvenative.com 0

## **Nutrition Facts**

Serving Size I Tbsp (14g) Servings per container about 36

Amount Per Serving	
Calories 29	
Total Fat 3g	5%
Saturated Fat 0.2g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0g	0%
Total Carbs Ig	0%
Dietary Fiber 0.5g	2%
Sugars less than Ig	
Protein .7g	1%
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 1%	
* Percent Daily Values are based on a 2,000	



100% PURE because we clean our machines between batches