

Rejuvenative Foods

100% Organic

LOW-TEMP GROUND!

Fresh Raw PUMPKIN SEED BUTTER

ARTISAN

A VEGAN, TRANS-FAT-FREE
AND GLUTEN-FREE FOOD

INGREDIENT: Raw, organic pumpkin seeds

To make this superior, creamy, delicious, healthful and full of life energy, we low-temperature grind, then cool small batches of fresh pumpkin seeds 4 or more times and then refrigerate. This Pumpkin Seed Butter is more readily digestible than whole dry pumpkin 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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Certified Organic by Monterey
County Certified Organic
Made in the USA

*Recipes & health facts at
www.rejuvenative.com

Nutrition Facts

Serving Size 1 Tbsp (14g)
Servings per container about 36

Amount Per Serving

Calories 47

Total Fat 4g 6%

Saturated Fat 0.7g 4%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 2mg 0%

Total Carbs 1.5g 1%

Dietary Fiber 0.3g 1%

Sugars less than 1g

Protein 2g 4%

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 7%

* 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