



## Specialty Gourmet Foods

The rich nutty flavor comes from our secret family sprouting process



INGREDIENTS:  
Sprouted Almonds  
and Kosher Salt

Nutrition Facts	
Serving Size: 1 oz (29g)	
Servings Per Container: 16	
Amount Per Serving	
<b>Calories</b> 163	Fat Calories 99
% Daily Value*	
<b>Total Fat</b> 11g	<b>12%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> .01mg	<b>1%</b>
<b>Total Carb.</b> 6g	<b>2%</b>
Dietary Fiber 3.5g	<b>14%</b>
Sugars 1g	
<b>Protein</b> 6g	<b>10%</b>
Vitamin A 0% • Vitamin C 0%	
Calcium 7% • Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet.	

Shelf Life 24 Months



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### Compare Raw Almonds to Sprouted Almonds

1oz Serving	Raw	Sprouted	Change
Calories from fat	113	99	-13 %
Total fat	12.8g	11.25g	-12 %
Saturated fat	0.88g	0.74g	-16 %
Riboflavin B2	0.31g	0.35g	+13 %
Niacin B3	0.95g	0.99g	+4 %
Soluble fiber	7.4 %	10.3 %	+39 %
Campesterol	1.2mg	1.4mg	+17 %
Beta Sitosterol	28.6mg	36.0mg	+26 %
Stanols	9.5mg	10.5mg	+11 %
Stigmasterol	1.3mg	1.7mg	+31 %

### Sprouting has a Purpose

*Sprouting* is one of the most fascinating natural phenomena. From this tiny appendage, a tree is born. It's not surprising that there is exceptional nutritional value locked inside the kernel. Sprouting enlivens the enzymes that are dormant within. These enzymes activate when they come in contact with water, and the nuts are "awakened". The potential growth for each nut is to become a tree, and when we eat Sprouted Almonds® our bodies receive this concentrated vital energy and nutrition. Even more important, sprouting neutralizes enzyme inhibitors present in the nut, allowing quicker and more complete digestion and assimilation of nutrients.

Longhurst Farms Sprouted Almond Butter Contains Resveritol a Natural Anti Aging factor. 1.4mg per Serving-Equivalent to 3 Glasses of Red Wine.

