



Wholesome Superfoods

The rich nutty flavor and crunchy texture comes from our secret family sprouting process



INGREDIENTS:
Sprouted Almonds
and Kosher Salt

Nutrition Facts	
Serving Size: 1 oz (29g)	
Servings Per Container: 3	
Amount Per Serving	
Calories 163	Fat Calories 99
% Daily Value*	
Total Fat 11g	12%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium .01mg	1%
Total Carb. 6g	2%
Dietary Fiber 3.5g	14%
Sugars 1g	
Protein 6g	10%
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



INGREDIENTS:
Sprouted Almonds
and Kosher Himalayan Salt

Nutrition Facts	
Serving Size: 1 oz (29g)	
Servings Per Container: 3	
Amount Per Serving	
Calories 163	Fat Calories 99
% Daily Value*	
Total Fat 11g	12%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium .10mg	10%
Total Carb. 6g	2%
Dietary Fiber 3.5g	14%
Sugars 1g	
Protein 6g	10%
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 0%	
*Percent Daily Values are based on a 2,000 calorie diet.	

Shelf Life 24 Months



INGREDIENTS:
Sprouted Almonds, semi-sweet German Chocolate (sugar, chocolate liquor, cocoa butter, butter oil, soy lecithin (an emulsifier) and pure vanilla).

Nutrition Facts	
Serving Size: 9 Pieces (28g)	
Servings Per Container: 3	
Amount Per Serving	
Calories 150	Fat Calories 99
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 3mg	1%
Sodium 30mg	1%
Total Carb. 9g	3%
Dietary Fiber 3g	12%
Sugars 11g	
Protein 6g	10%
Vitamin A 0% • Vitamin C 4%	
Calcium 4% • Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet.	

Shelf Life 24 Months

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 Almonds Contain Resveritrol a Natural Anti Aging factor. 1.4mg per Serving-Equivalent to 3 Glasses of Red Wine.

