

שורשי ציון

**Organic, Probiotic & Wholesome
Alive, Nourishing, Kosher, Vegan, & Gluten Free**

We are committed to providing fresh, high quality, unprocessed, Live Food Medicine. We support Local Organic Farmers. Our products are handmade in an all raw kitchen and prepared with care in small batches to preserve their freshness and nutrients.

Sprouted Nuts & Seeds

Nuts & seeds have enzyme inhibitors, which makes them difficult to digest. Sprouting & soaking nuts and seeds removes the enzyme inhibitors, thus making the nutrients readily available as well as the beneficial enzymes. Vitamin and mineral levels are dramatically increased, on average 20X-30X, especially Vitamins A,B,C,E, calcium, iron & zinc. Calories and fat (especially saturated fat) are reduced approximately 30 – 40%. Sprouting also increases protein while decreases carbohydrates as the seed uses the carbohydrate energy stored inside to grow. This process also breaks down the hard to digest proteins into smaller and easier to digest components.

All of our sprouted nuts and seeds are soaked in pure water, seasoned, then dried under 115f/46c to preserve the live enzymes, vitamins and minerals. This gives the sprouted nuts & seeds a raw roasted crunch. Although you do not see tails on these sprouted nuts and seeds the soaking process is the catalyst which begins the sprouting process.

Flavors:

~Teriyaki Almonds~

~Curry Almonds~

~Spicy Seeds~

~Superfood Trail Mix~

Live Pro-Biotic Veggie Seed Crackers

Our Veggie Seed Crackers are a mixture of Raw Sprouted seeds and Live Probiotic veggies. These crackers contain No Flour, Gluten, Oil, or Sugar. They are a great source of Omega 3 Essential Fatty Acids, which aid in preventing inflammation and heart disease, lowering blood pressure, improving brain function & improving immune function. All of the seeds are soaked in pure water which begins the germination process, breaks down enzyme inhibitors, increases digestibility and nutrient content. The vegetables in the crackers have also been cultured, thus making them Probiotic (see **Live Organic Probiotic Veggies**). We use high quality seeds, and all organic fresh veggies. These crackers are Raw, Probiotic, Full of Live Enzymes and Delicious! Contains approximately 50% veggies.

Flavors:

~Roots Blend~

~Garden Veggie Blend~

~Green Sea Blend~

GRAWnola

Our gRAWnola is made by first sprouting Organic Buckwheat, Almonds, Pumpkin, & Sunflower seeds. This sprouting process breaks down the phytic acid & enzyme inhibitors that all grains and seeds contain, which makes them hard to digest. This mixture is then seasoned and dehydrated below 115f/46c to preserve the Raw Nutrients. Organic Raisins & Organic Unsulphured Apricots are added, giving a mellow sweetness to this crunchy & lightly sweet sprouted seed mixture. Loaded with enzymes, & nutrients. A great breakfast & snack!

Live Organic Probiotic Veggies

We start with the finest quality organic veggies, a large portion coming directly from local organic farmers. We use natural & traditional culturing methods, which don't include vinegar, preservatives, or pasteurization. Culturing veggies produces Healthy Probiotic Bacteria. They supply our digestive tract with Live Cultures to break down food, absorb nutrients, and aid in immune function. Cultured veggies are also a high source of vitamin B12. The Culturing process increases vitamins, minerals, enzymes, amino acids as well as naturally preserves the veggies for long periods of time. In short, probiotic foods make our bodies Healthy & Happy!

Flavors:

~Original Sauerkraut~

~Garlic-Kraut~

~Kimchi (Korean Style Sauerkraut)~

~Sea-Kraut~

~Thai-Kraut~

~Garden-Kraut~

~Ruby Roots Kraut~

We also make naturally brined **Organic Probiotic (cucumber) Pickles**.

Flavors:

Original, Garlic, & Spicy

Raw Organic Kombucha

Kombucha is a living beverage which contains Live Probiotic Cultures. These living bacteria aid the digestive tract and detoxifies the body. Drinking Kombucha replenishes the body's supply of healthy bacteria which strengthen the immune system. Pro-Biotic - Biotic = Bio = Life - Pro Life!!

Drink Kombucha in the early morning or 30 minutes before meals as a digestive aid and energy booster. We brew each batch with the finest quality medicinal herbs and teas. We use natural carbonation methods to create a sparkling, refreshing, probiotic elixir. Our Traditional Kombucha is based on organic green tea with herbs and fresh juices for extra flavoring. The Herbal Kombuchas are based on only herbal blends which create a light and mellow flavor with no caffeine. Kombucha contains Probiotic Bacteria, Enzymes, Amino Acids, Antioxidants, & B Vitamins.

Flavors:

Traditional Kombucha:

~Ginger~

~Pomegranate~

~Elderberry~

~Hibiscus~

~Nutra-Green~

~Seasonal Varieties~

Herbal Kombucha:

~Chamomile~

~Super Herb~

Contact Us:

Moshav Eshtaol

Eliezer - 0547895319

Shoresheitzion@gmail.com - www.Shoresheitzion.com