



Every THRIVE™ purchase helps reduce world hunger. Thriving Nations™ creates greater nutritional self-sufficiency around the world by teaching impoverished people how to diversify crops, increase food production, and create healthier dietary practices. Five percent of all THRIVE™ profits are donated to this cause.

Béchamel

Preparation Instructions:

Slowly add 1 cup of Béchamel sauce mix to 2 cups hot water, stirring well to incorporate. Simmer for 2–3 minutes and allow sauce to stand 1–2 minutes. Makes 8 servings.

Alfredo Sauce

Ingredients:

- 1 tbsp. garlic, minced
- 2 tbsp. butter
- ¼ c. white wine (optional)
- ¼ tsp. THRIVE Chef's Choice Seasoning Blend
- 2 c. water
- 1 c. THRIVE Béchamel sauce, dry
- ¼ c. heavy cream
- ¾ c. parmesan cheese
- ¼ tsp. lemon juice (optional)

Sweat garlic and butter until browning begins. Add white wine if desired and reduce until almost dry. Add seasoning and water. Stir and bring to a low simmer. Add sauce mix and cream; stir well and simmer for 2–3 minutes. Remove from heat and stir in cheese and lemon juice. Serve over noodles, potatoes, meats, or vegetables.



ESPAGNOLE



VELOUTÉ



BÉCHAMEL



TOMATO

Mother Sauces

THRIVE provides you with four essential mother sauces that are the foundation for virtually any sauce, soup, or filling! Made from the highest quality ingredients to achieve a superior taste experience, THRIVE Sauces are the quick and easy way to turn any dish into a gourmet meal.

Visit www.ThriveLife.com/sauces

for other delicious Béchamel sauce recipes, like:

- Cheese Sauce
- Breakfast Gravy

THRIVE Sauces

Béchamel



Serving Suggestion

Net Wt 16.9 oz (1.05 lb) 480g

32 SERVINGS



Creamy White Sauce

THRIVE™ www.EatThrive.com

Nutrition Facts

Serving Size 2 Tbsp. (15g)
(Makes ¼ cup prepared)
Serving Per Container About 32

Amount Per Serving

Calories 60 Calories from Fat 20

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 1.5g **7%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 260mg **11%**

Total Carbohydrate 8g **3%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 3g

Vitamin A 0% • Vitamin C 0%

Calcium 10% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet.

Béchamel

Use this creamy sauce to make delicious fettuccine Alfredo, cheese sauce, or potato soup.

Shelf Life: 10 Years

Best if used within 1 year of opening to maintain life sustaining nutritional value under optimal storage conditions. Opened ___/___/___.

INGREDIENTS: NONFAT MILK, MILK FAT, WHEY, FOOD STARCH-MODIFIED, SALT, SWEET CREAM, ONION POWDER, NONFAT MILK SOLIDS, GARLIC POWDER, SPICES, SODIUM CASEINATE, SODIUM PHOSPHATE, SILICON DIOXIDE (ANTICAKING AGENT), VITAMIN A PALMITATE, VITAMIN D3, ANNATTO COLOR.

CONTAINS: MILK.

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, & TREE NUT PRODUCTS.



Distributed By:

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Glue

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