



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.

THRIVE™



Buying and preparing quality food should be easy. With THRIVE™, it is! The THRIVE™ food line consists of convenient, versatile foods that are practical for daily cooking. Each product also has an extended shelf life, making THRIVE™ great for food storage. THRIVE™ foods are nutrient-rich and natural, so you can be confident you are providing your family with proper nutrition.

- T Grains
- H Vegetables
- R Fruits
- I Milk
- V Meat & Beans
- E Basics

Greek-Style Yogurt Bites

Preparation Instructions:

Best as a dry snack. To rehydrate, add ¼ cup water to 1 cup THRIVE™ Greek-Style Yogurt Bites and stir until smooth. Crush yogurt bites before adding water for quicker rehydration. Refrigerate after rehydrating. Makes ½ cup yogurt.

Honey Cinnamon Fruit Dip

Ingredients:

- 1 c. THRIVE Greek-Style Yogurt Bites (FD)
- ¼ c. water
- ¼ c. THRIVE Honey Crystals
- 1 ½ tbsp. hot water
- ¼ c. whipping cream
- ¼ tsp. cinnamon

Crush yogurt bites and add ¼ cup water; mix until smooth and refrigerate. In a small dish, combine hot water with honey crystals and stir well to dissolve, then chill until cool. In a small bowl, combine cream and cinnamon and whip until soft peaks form. Add in yogurt and whip to blend. Add cooled honey and whip until desired thickness.

Find recipes, planning tools, and more at www.EatThrive.com



Based on a trusted model.

Trusted Foods. A Trusted Standard. THRIVE™ provides high-quality, nutritious foods for both daily use and long-term storage.

CAUTION: This product contains an oxygen absorber that is not intended for consumption. Please discard the packet upon opening can.

THRIVE™

PREMIUM FREEZE DRIED

DAIRY



Greek-Style Yogurt Bites

FREEZE DRIED

46

SERVINGS



Serving Suggestion

Net Wt 17.84 oz (1.11 lb) 506 g

FREEZE DRIED Greek-Style Yogurt Bites

THRIVE™ www.EatThrive.com

Nutrition Facts

Serving Size ¼ cup (11g)
Serving Per Container About 46

Amount Per Serving

Calories 50 Calories from Fat 15

Total Fat 2g **% Daily Value*** 3%

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 10mg **0%**

Total Carbohydrate 8g **3%**

Dietary Fiber 0g **0%**

Sugars 7g

Protein 1g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than: 65g	80g
Sat Fat	Less than: 20g	25g
Cholesterol	Less than: 300mg	300mg
Sodium	Less than: 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Dairy

Suggested Storage Amount:

Store at least 75 pounds of assorted dairy products per adult per year.

Usage Suggestions:

Get the creamy, smooth taste of Greek-style yogurt without the mess! These dry bites make an irresistible snack and don't need to be refrigerated, so they can go anywhere you do.

Shelf Life 25 years:

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

Opened / / .

INGREDIENTS: SUGAR, GREEK STYLE YOGURT (CREAM YOGURT [MILK FAT, MILK PROTEINS, YOGURT CULTURES]), STARCH (TAPIOCA).

CONTAINS: MILK.

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



Distributed By:

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