



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



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.

Honey Crystals

Rehydration Instructions:

Mix ½ cup THRIVE™ Honey Crystals with 2 ½ tablespoons of very hot water. Microwave for 20–30 seconds on high. Stir well, until crystals are dissolved. Cool for 2–3 hours or until thickened. Makes ½ cup honey. For thicker honey, add less water to the honey.

Honey Oat Banana Muffins

(This is not a gluten-free recipe)

Ingredients:

- | | |
|---|------------------------------------|
| 1 ½ c. THRIVE White Flour | 1 tsp. vanilla extract |
| 1 c. THRIVE Quick Oats | 2 c. THRIVE Banana Slices (FD) |
| ¼ c. THRIVE Honey Crystals, dry | Streusel Topping |
| 2 tsp. THRIVE Baking Powder | 3 tbsp. THRIVE Quick Oats |
| 1 tsp. THRIVE Baking Soda | ¼ c. THRIVE Honey Crystals |
| ½ tsp. THRIVE Iodized Salt | ¼ c. THRIVE White Flour |
| 2 tbsp. THRIVE Whole Egg Powder + 4 tbsp. water | ¼ c. cold butter, diced into cubes |
| ¼ c. THRIVE Instant Milk, reconstituted | 2 tbsp. THRIVE Brown Sugar |
| ¼ c. butter, melted | ½ tsp. cinnamon |

Reconstitute and puree bananas. Combine all dry muffin ingredients in a bowl and stir. Add wet ingredients and blend together until just incorporated. Scoop into paper-lined muffin cups. Mix all streusel ingredients together and cut with dough cutter. Sprinkle even portions on top of muffins. Bake at 400°F for 15–20 minutes. Makes 12 muffins.

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

Honey Crystals

THRIVE™

BASICS



Honey Crystals

468 SERVINGS



Serving Suggestion

Net Wt 66.0 oz (4.12 lb) 1872g

THRIVE™ www.EatThrive.com

Nutrition Facts

Serving Size 1 Tsp. (4g)
Servings Per Container About 468

Amount Per Serving

Calories 15 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 4g **1%**

Dietary Fiber 0g **0%**

Sugars 4g

Protein 0g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • 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

Basics

Suggested Storage Amount:

Store a variety of cooking basics, including 60 pounds of sugar, 5 pounds of salt, and 10 pounds of cooking oil per adult per year.

Usage Suggestions:

THRIVE™ Honey Crystals are the easy answer to keeping honey in your Home Store. The crystals rehydrate in water to make smooth, sweet honey to spread over toast or add to baked goods.

Shelf Life: 25 years

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

INGREDIENTS: REFINERY SYRUP (REFINED CANE SUGAR) AND HONEY.

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



Distributed By:

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