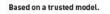
Glue

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.

Meat & Beans



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

Mashed Potatoes

Preparation Instructions:

For plain potatoes, bring 1 1/4 cups water to a simmer. Add 1 cup THRIVE Mashed Potatoes and whisk until combined. Remove from heat and allow to rest 1 minute before serving. Makes 1 1/3 cups. For seasoned potatoes see recipe below.

Seasoned Mashed Potatoes

Ingredients:

11/4 c. water

2 tbsp. butter

Seasoning Blend

and seasoning in a small saucepan. Bring to a simmer and add Mashed Potatoes. Whisk until combined and remove from heat. Allow to rest 1 minute before serving.

www.EatThrive.com

1/4 tsp. THRIVE lodized Salt

1 tbsp. THRIVE Instant Milk Powder 1/4 tsp. THRIVE Chef's Choice

1 c. THRIVE Mashed Potatoes Combine water, salt, butter, milk powder,

Find recipes, planning tools, and more at

S O D 0 S



Nutrition Facts Serving Size ½ cup (29g)

Serving Per Container About 22

Amount Per Serving

Calories 110 Calories from Fat 5 % Daily Value*

Total Fat Og Saturated Fat Og Trans Fat Og

0% Cholesterol Omg Sodium 5mg 0%

Total Carbohydrate 25g Dietary Fiber 2g

Sugars Og Protein 2g

Vitamin A 0% • Vitamin C 10% Calcium 2%

*Percent Daily Values are based on a 2,000 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	2,400n
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Vegetables

Suggested Storage Amount:

The USDA recommends 2-4 servings of fruits and vegetables per adult per day.

Usage Suggestions:

Get the goodness of homemade mashed potatoes in minutes with THRIVE Mashed Potatoes! Unlike most instant potato products, ours has just one ingredient: Idaho-grown potatoes. With no artificial colors or flavors, additives, or preservatives, our potatoes make the perfect side dish or a great addition to casseroles, potato soups, shepherd's pie, and more.

Shelf Life: 5 years

Opened ____/_____.

INGREDIENTS: POTATOES NON-GMO: NO BIOENGINEERED INGREDIENTS.

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



Distributed By:

Thrive Life® 691 South Auto Mall Drive American Fork, Utah 84003 www.ThriveLife.com





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

Grains

Vegetables