



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

Sour Cream Powder

Preparation Instructions:

Mix ½ cup water with 1 cup THRIVE™ Sour Cream Powder and mix thoroughly. To obtain thinner sour cream, add more water.

Macadamia Griddlecakes

(This is not a gluten-free recipe)

Ingredients:

- 1 ½ c. THRIVE™ White Flour
- 1 tsp. THRIVE™ Iodized Salt
- ¼ tbsp. THRIVE™ Baking Powder
- 2 Limes
- ½ c. THRIVE™ White Sugar
- 1 ½ c. THRIVE™ Instant or Powdered Milk, prepared
- 3 THRIVE™ Whole Eggs, prepared
- ½ c. THRIVE™ Sour Cream, prepared
- ½ c. chopped roasted macadamia nuts
- THRIVE™ Raspberries (FO) or coconut (optional)

In a small bowl mix the flour, salt, and baking powder. Set aside. Zest one lime, and juice both limes. Place into a mixing bowl. Add milk, eggs, and sour cream. Mix well. Whisk in the dry ingredients, followed by the macadamia nuts and optional ingredients. Grill griddle cakes on a hot griddle or make into waffles using a preheated waffle iron. Makes 15–20 pancakes.

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™

DAIRY



Sour Cream Powder

630 SERVINGS



Serving Suggestion

Net Wt 44.4 oz (2.77 lb) 1260g

Sour Cream Powder

THRIVE™ www.EatThrive.com

Nutrition Facts

Serving Size 1 tsp (2g)
Servings Per Container About 630

Amount Per Serving

Calories 15 Calories from Fat 10

Total Fat 1g **2%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 5mg **1%**

Sodium 5mg **0%**

Total Carbohydrate 1g **0%**

Dietary Fiber 0g **0%**

Sugars 1g

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

Dairy

Suggested Storage Amount:

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

Usage Suggestions:

THRIVE™ Sour Cream Powder is ready at a moment's notice. While the texture of reconstituted powder will not be consistent with that of fresh sour cream, it is ideal for baking. Try THRIVE™ Sour Cream Powder in beef stroganoff or as an ingredient in desserts.

Shelf Life: 10 years

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

Opened ___/___/___.

INGREDIENTS: SOUR CREAM POWDER (CREAM, CULTURES, & LACTIC ACID), CULTURED NONFAT MILK SOLIDS, & CITRIC ACID.

CONTAINS: MILK.

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



Distributed By:

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