

Granny Smith Apples

Nutrition Facts	
16 servings per container	
Servings size	1/2 cup (11g)
Amount per serving	
Calories	40
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 10g	4%
Dietary Fiber 0g	0%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 6mg	0%
Iron 1mg	6%
Potassium 91mg	2%
Vitamin C 114mg	130%

INGREDIENTS: GRANNY SMITH APPLES, ASCORBIC ACID, CITRIC ACID.

Processed in a facility that handles milk, egg, soy, wheat, & coconut products.
 CAUTION: This product contains an oxygen absorber that is not intended for consumption. Please discard the packet upon opening can.
 Thrive Life®, 691 South Auto Mall Drive, American Fork, Utah 84003



Crunchified and sliced into whole fruit chips. It's simply a Granny Smith apple!

- Snack from the can
- Bake into cinnamon bread
- Mix into fruit salad
- However you want! Show us your creations at thrivelife.com/recipes

CHEF BITES
 Add ½ cup of water to 1 cup of apples and let sit until tender. Or simply toss into any creation, and off you go!

FOR THE LOVE OF FOOD
 As the center of family gatherings, late-night talks, and your kitchen table, food brings us together. Freeze drying locks in nutrients and flavor so you can stop chasing expiration dates and enjoy tasty food anytime you want.



GRANNY SMITH APPLES



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Net Wt. 6.20 oz (0.38 lb) 176g