thrivingNATIONS

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™

PREMIUM FREEZE DRIED

VEGGIES

Green Peas

FREEZE DRIED

41 SERVINGS

Net Wt 20.2 oz (1.2 lb) 574g

FREEZE DRIED
Green Peas

FREEZE DRIED
Green Peas

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

ChooseMyPlate.gov

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

Green Peas

Rehydration Instructions:
Add 1 cup peas to 1 cup water and soak for 5–10 minutes until tender. Drain any excess water. Makes 1 cup of green peas.

Sweet Pea Soup

Ingredients:

1 tbsp. garlic, minced	6 ½ c. water
2 tbsp. olive oil	3 c. THRIVE Green Peas (FD)
¼ c. THRIVE Chopped Onions	1 tbsp. THRIVE Chicken Bouillon
½ c. THRIVE Celery (FD)	2 tsp. season salt
¼ c. THRIVE Carrot Dices	1 tbsp. lemon juice, fresh
1 ½ tbsp. basil, chopped fresh	1 tbsp. rice wine vinegar
1 ½ tbsp. parsley, fresh	1 ½ c. heavy cream

Sweat garlic with olive oil; add onions, celery, and carrots and stir to coat. Sweat together for about 1 minute. Stir in 1 tablespoon of basil and parsley. Add water and bring to a simmer for 5 minutes, uncovered. Add peas and simmer for 5 minutes, uncovered. Add seasonings, lemon juice, and vinegar and puree in blender until smooth. Pour back into pan and whisk in the cream and remaining herbs. Makes 8 servings.

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

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

THRIVE™ www.EatThrive.com

*Weight and nutrition may vary between crops and production. Therefore, information on actual labels may vary from the information listed here.

Nutrition Facts

Serving Size ¼ cup (14g)
Servings Per Container About 41

Amount Per Serving	
Calories 50	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 9g	**3%**
Dietary Fiber 3g	**13%**
Sugars 4g	
Protein 3g	

Vitamin A 10% • Vitamin C 45%
Calcium 2% • Iron 6%

*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

Vegetables

Suggested Storage Amount:
The USDA recommends 2–4 servings of fruits and vegetables per adult per day.

Usage Suggestions:
Create steaming homemade pea soup with delicious THRIVE™ Green Peas. Feature them with baked potatoes or pasta, or use them in side dishes as a great source of nutrition and flavor.

Shelf Life: 25 Years
Best if used within 1 year of opening to maintain life sustaining nutritional value under optimal storage conditions.
Opened ____/____/____.

INGREDIENTS: GREEN PEAS.

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

THRIVE LIFE

Distributed By:
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Certified GF Gluten-Free

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