## Instant Quinoa

## **Nutrition Facts**

26 servings per container Servings size 1/2 cup (24g)

Amount per serving

**Calories** 

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat Og	0%
Trans Fat Og	
Cholesterol Omg	0%
Sodium Omg	0%
Total Carbohydrate 17	g <b>6</b> %
Dietary Fiber 2g	7%
Total Sugars 1g	

Includes Og Added Sugars 0%

Protein 3g

Vitamin D Omcg Calcium 21mg Iron 1mg Potassium 140mg

**INGREDIENTS:** WHITE QUINOA.

Fluffy, packed with nutrients, and ready in an instant. It's simply quinoa!

Sprinkle into salad

Eat like oatmeal

Flatten into breadsticks

However you want! Show us your creations at thrivelife.com/recipes

## CHEF BITES

Bring 1 cup of Quinoa and 2 cups of water to a simmer for 2-3 minutes. Rinse and drain any excess water. On the go? Add some hot or cold liquid to your Quinoa, let it rest, then enjoy!

## 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.

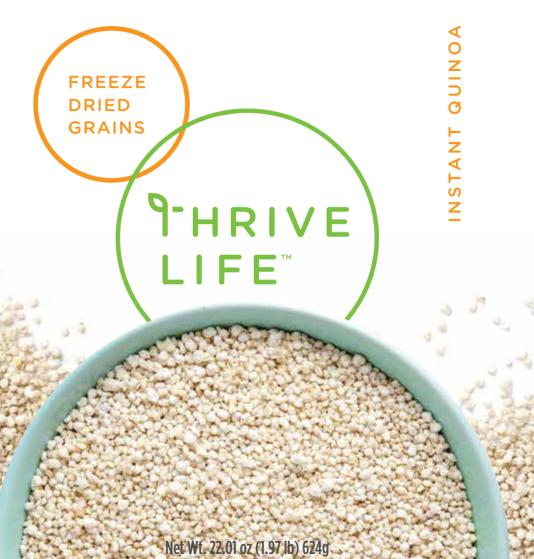


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Processed in a facility that handles milk, egg, soy, wheat, & coconut products CAUTION: This product contains an oxygen absorber that is not intended for Thrive Life®, 691 South Auto Mall Drive, American Fork, Utah 84003

<sup>\*</sup>The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.