



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

Pomegranate Yogurt Bites

Preparation Instructions:

In a small mixing bowl, combine 2 tablespoons water and 1 cup THRIVE™ Pomegranate Yogurt Bites. Let sit for 5–10 minutes until fully rehydrated. Whisk until smooth. Refrigerate for 30 minutes. Adjust water measurements to reach desired consistency.

Pomberry Smoothie

Ingredients:

- ½ c. hot water
- ½ c. THRIVE™ Pomegranate Yogurt Bites (FD)
- 1 tbsp. THRIVE™ Simply Peach Drink mix
- 1 tbsp. THRIVE™ Instant Milk Powder
- ¼ c. THRIVE™ Blueberries (FD)
- 1 ½ c. ice

Combine all ingredients except ice and let rehydrate for 3–5 minutes. Add ice and blend until smooth.

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.

FREEZE DRIED

Pomegranate Yogurt Bites

THRIVE™

PREMIUM FREEZE DRIED

DAIRY



Pomegranate Yogurt Bites

FREEZE DRIED

44

SERVINGS



Serving Suggestion

Net Wt 17.0 oz (1.0 lb) 484g

FREEZE DRIED

Pomegranate Yogurt Bites

THRIVE™ www.EatThrive.com

Nutrition Facts

Serving Size ¼ cup (11g)
Servings Per Container About 44

Amount Per Serving

Calories 42 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 8g **3%**

Dietary Fiber 0g **1%**

Sugars 7g

Protein <1g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • 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™ Pomegranate Yogurt Bites are bursting with fruity flavor! These freeze dried morsels are perfect for adorning cereal, smoothies, and granola. For a smooth consistency, simply rehydrate THRIVE™ Yogurt by adding water.

Shelf Life 25 years:

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

Opened ___/___/___.

INGREDIENTS: SUGAR, SKIM MILK YOGURT, POMEGRANATE JUICE, STARCH, BLACK CARROT JUICE CONCENTRATE, AND NATURAL FLAVOR.

CONTAINS: MILK.

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



Distributed By:

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Glue

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