



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



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.

Quick Oats

Preparation Instructions:

Bring 2 cups of water to a boil, add a dash of salt and 1 cup oatmeal, then return to boil. Reduce heat and simmer for 3-5 minutes, stirring frequently.

Oatmeal Cake

Ingredients:

- | | |
|-----------------------------|----------------------------|
| Cake: | 1 tsp. THRIVE™ Baking Soda |
| ½ c. butter, softened | ½ tsp. nutmeg |
| 1 c. THRIVE™ Quick Oats | 1 tsp. cinnamon |
| 1 ¼ c. boiling water | |
| Frosting: | 6 tbsps. butter, melted |
| 2 eggs | 1 c. THRIVE™ Brown Sugar |
| 1 c. THRIVE™ Brown Sugar | ½ c. THRIVE™ Instant Milk |
| 1 ½ c. THRIVE™ White Sugar | 1 c. coconut, shredded |
| 1 tsp. vanilla | 1 tsp. vanilla |
| 1 ¼ c. THRIVE™ White Flour | |
| ½ tsp. THRIVE™ Iodized Salt | |

Combine butter, oatmeal, and boiling water in a bowl and set aside. Cream sugars and eggs in another large bowl. Add the oatmeal mixture and stir, then thoroughly mix in remaining ingredients. Pour into a greased 9 x 13 pan and bake at 350°F for 35 minutes.

For frosting: Heat milk and sugar until dissolved. Add melted butter and stir. Add vanilla and coconut; stir together. While cake is still hot, pour frosting mixture over cake and serve warm.

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

Quick Oats

THRIVE™

GRAINS



Quick Oats



Serving Suggestion

21 SERVINGS

Net Wt 37 oz (2.3 lb) 1050g

Quick Oats

THRIVE™ www.EatThrive.com

Nutrition Facts

Serving Size ½ cup (50g)
Servings Per Container 21

Amount Per Serving

Calories 200 Calories from Fat 35

Total Fat 4g **6%**

Saturated Fat 0g **2%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 30g **11%**

Dietary Fiber 5g **19%**

Sugars 0g

Protein 7g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 15%

*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

Grains

Suggested Storage Amount:

Store a minimum of 300 pounds of grains per adult per year.

Usage Suggestions:

THRIVE™ Quick Oats are a versatile product. Use them to make mouth-watering cookies, fluffy cakes, and hot breads. Oats make a great breakfast everyone is sure to enjoy.

Shelf Life: 25 years

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

Opened ___/___/___.

INGREDIENTS: WHOLE GRAIN QUICK OATS.

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



Distributed By:

Thrive Life
691 South Auto Mall Drive
American Fork, Utah 84003
www.ThriveLife.com



8 59040 00151 1

185713 50745

Glue

Glue

Glue