

# Raspberries

## Nutrition Facts

24 servings per container  
**Servings size** 1/2 cup (9g)

**Amount per serving**  
**Calories** 35

% Daily Value\*

<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	

Vitamin D 0mcg	0%
Calcium 18mg	2%
Iron 0mg	0%
Potassium 68mg	2%
Vitamin C 16mg	20%

\* 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.

**INGREDIENTS:** RASPBERRIES.

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

Ripened under the sun for a bold taste and overflowing with Vitamin C. It's simply a raspberry!

- Snack from the can
  - Bake into a muffin
  - Top a chocolate cake
- However you want! Show us your creations at [thrive.life.com/recipes](http://thrive.life.com/recipes)

**CHEF BITES**  
 Add 4 cups of hot water to 1 cup of berries in a covered container. Shake and let sit until tender.

**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.



RASPBERRIES

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Glue

Glue

Glue