



Pack 1

Ham Fried Rice

Ingredients

- 2 tablespoons Thrive Egg Powder plus ¼ cup water
- 2 ¼ cups cooked Thrive Long Grain Rice
- 4 cups water
- ¼ cup Thrive Carrot Dices
- ½ cup Thrive Freeze Dried Green Peas
- ¼ cup Thrive Freeze Dried Chopped Onions
- ½ cup Thrive TVP Ham
- 1 tablespoon vegetable oil
- ½ teaspoon salt
- 3 tablespoons soy sauce
- ½ teaspoon sesame or vegetable oil (optional)

Directions

Begin by boiling 3.5 cups of water with rice. Bring water to boil, reduce to simmer, cover, simmer until all water is boiled off. Then remove from heat and let stand for 5 minutes. Set aside when finished.

In a pot place carrots, green peas, onions, and ham into 4 cups of water and bring to a boil over high heat. Lower the heat and simmer for 10 minutes or until vegetables and meat are reconstituted and tender. Drain and set aside.

Mix Egg powder with ¼ cup water and pour the egg mixture onto a hot frying pan and cook as scrambled eggs. Set aside the scrambled eggs.

Heat a frying pan or wok over medium-high heat. Add 1 table-spoon of vegetable oil to wok, swirling to coat. Add rice and ham & vegetable mixture to wok and stir fry 2 minutes until everything is heated through. Stir in salt, soy sauce, and sesame oil. Gently stir scrambled eggs into rice mixture. Serve warm.

Cornbread

Ingredients

- 2 tablespoons Thrive powder milk (non-instant), not reconstituted
- 1 cup water
- 1 tablespoon vinegar
- ½ cup Thrive butter powder
- 2 tablespoon Thrive egg powder
- ¼ cup plus 2 teaspoons water
- 2/3 cup Thrive white sugar
- ½ teaspoon Thrive baking soda
- 1 cup Thrive cornmeal
- 1 cup Thrive white flour
- ½ teaspoon Thrive salt

Directions

Preheat oven to 375 degrees F. Grease an 8 x 8 inch square pan.

In a small bowl, Whisk 2 T powder milk into 1 cup of water. Add vinegar, mix, and let sit for 5 minutes.

Meanwhile in a large mixing bowl, whisk the butter powder and egg powder into ¼ cup plus 2 teaspoons of water.

Add milk mixture into the egg/butter mixture. Mix together. Add the rest of the ingredients in and stir until few lumps remain.

Bake in the preheated oven for 20 to 30 minutes or until a toothpick inserted in the center comes out clean.

Serve warm.

Berry Smoothie

Ingredients

- 2 Tablespoons Thrive Peach Drink
- ½ cup Thrive Mangoes
- ½ cup Thrive Blackberries (or any other Thrive berries)
- 1 ½ cups ice
- ¼ cup Thrive Instant Milk (not reconstituted)

Directions

Mix peach drink with 1 cup water, add fruit and allow mixture to sit for 5-10 minutes. Blend. Add milk. blend. Add ice or ice cream. Blend.

Brownies

Ingredients

- 2 cups dry mix
- 5 Tablespoons Hot Water

Directions

Mix hot water in with mix (blend with whisk until smooth). Pour batter into greased pot pie tin or small pyrex glass dish. (Allow batter to settle sit 15 minutes before baking).

Bake at 350 degrees for 18-20 minutes.

Chicken Salad Sandwiches

Ingredients

1 ½ cups Thrive freeze-dried chicken
 ½ cup Thrive celery
 1/3 cup Thrive onion
 3 cups water
 ½ cup mayonnaise
 Salt and pepper

Directions

Combine chicken, celery, onion and water in a sauce pan over high heat. Bring to a boil and reduce heat to low and simmer until reconstituted (about 10 minutes). Put the mixture into a colander and let the water drain for about 10 minutes. Make sure to get all excess water out. Set aside in the refrigerator until cool.

Combine the cooled chicken mixture with mayonnaise. Season the chicken mixture with salt and pepper to taste. Spoon onto bread or crackers.

Coconut Almond Fruit Granola

Yield: 6 cups

Ingredients

2 cups THRIVE Quick Oats
 ¾ cup whole almonds, halved
 ½ cup sweetened flaked coconut
 ½ cup raw cashews
 1/3 cup THRIVE Brown Sugar
 ½ teaspoons ground allspice
 1 ½ teaspoon ground cinnamon
 ¼ cup (1/2 stick) unsalted butter
 2 tablespoons honey
 ¼ cup THRIVE freeze dried Strawberries
 ¼ cup THRIVE freeze dried Raspberries
 ¼ cup THRIVE freeze dried Blackberries

Directions

Preheat oven to 300°F. Mix first 7 ingredients in large bowl. Melt butter with honey in heavy small saucepan over low heat. Pour over granola mixture and toss well. Spread out mixture on baking sheet. Bake 20 minutes, stirring occasionally. Continue to bake until granola is golden brown, stirring frequently, about 15 minutes longer. Cool on the baking sheet. Toss with freeze dried fruits. Can be made 2 weeks ahead. Store airtight at room temperature.

Suggested serving options: serve over milk or yogurt or eat as a snack on its own.

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Directions

Mix peach drink with 1 cup water, add fruit and allow mixture to sit for 5-10 minutes. Blend. Add milk. blend. Add ice or ice cream. Blend.

Macaroons

Ingredients

2 cups dry macaroon mix
 5 Tablespoons Hot Water

Directions

Place water in bowl. Add Macaroon Cookie Mix and blend with wire whisk. Let mixture stand for 5 minutes in bowl. Shape and drop cookies onto greased cookie sheet. Bake at 350 degrees for 12-15 minutes or until golden brown.