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 natural*, so you can be confident you are providing your family with proper nutrition.

*Minimally processed, no artificial ingredients.

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

Scrambled Egg Mix

Rehydration Instructions:

2 tablespoons of THRIVE™ Scrambled Egg Mix with 3 tablespoons of water. Mix thoroughly.

(This is not a gluten free recipe)

3/4 c. THRIVE™ Scrambled Egg Mix

1 c. THRIVE™ Instant Milk, prepared

1 1/4 c. THRIVE™ White Flour

1/2 c. butter

1/2 c. THRIVE™ Powdered Sugar

CAUTION: This product contains an oxygen absorber that is not intended for consumption. Please discard the packet upon opening can.

blender. Blend until fluffy, then tap in flour a little at a time, beating until well blended. Preheat an empty 9x13 pan in the oven for 3-4 minutes. Add butter to pan and allow to melt, then pour in egg mixture and immediately return to oven. Bake for 25 minutes at 425°F. Once cooked, brush with melted butter and

To reconstitute the equivalent of one egg: mix

German Pancakes

Ingredients:

1 ⅓ c. water 1/2 tsp. THRIVF™ Indized Salt

1 tsp. vanilla

Combine eggs, milk, water and salt in a dust with powdered sugar.

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Product

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(USDA) INSPECTED EGG PRODUCTS 31551 G

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Serving Size About 2 Tbsp., Dry (11g) Servings Per Container 103

Nutrition Facts

Amount Per Serving

Produc

662

Dried

66

crambled

Calories 60 Calories from Fat 40

	% Daily Value*
Total Fat 4.5g	7 %
Saturated Fat 1.5g	7 %
Trans Fat Og	
Cholesterol 215mg	71%

2% **Sodium** 60mg **Total Carbohydrate** 0g 0%

Dietary Fiber Og Sugars Og

Protein 5g

Vitamin A 6% • Vitamin C 0% Iron 6% Calcium 2%

*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 Fil	oer	25g	30g

Scrambled Egg Mix

Suggested Storage Amount:

Store at least 60 pounds of assorted proteins per adult per year.

Usage Suggestions:

THRIVE™ Scrambled Egg Mix provides the delicious taste of fresh eggs with the convenience and extended shelf life of THRIVE™ foods. THRIVE™ Scrambled eggs have no preservatives and whip up quickly for use in all your egg dishes.

Shelf Life: 7 Years

0%

10%

Best if used within 1 year of opening to maintain value under optimal storage conditions. Opened ____/___/____.

INGREDIENTS: WHOLE EGGS, YOLK, DRIED EGG WHITES (GLUCOSE REMOVED FOR STABILITY).

CONTAINS: EGGS.



Distributed By:

Thrive Life 691 South Auto Mall Drive American Fork, Utah 84003

www.ThriveLife.com



