

# Nutrition Facts

Serving Size ¼ cup (10g)  
Servings Per Container About 15

**Amount Per Serving**  
Calories 35      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** 7g      **2%**

Dietary Fiber <1g      **2%**

Sugars 6g

**Protein** <1g

Vitamin A 0%      •      Vitamin C 2%

Calcium 6%      •      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

**INGREDIENTS:** SUGAR, SKIM MILK YOGURT, BLUEBERRY JUICE, STARCH, NATURAL FLAVORS. **CONTAINS: MILK.**

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

## Blueberry Yogurt Bites

Crunchy, fat free, and bursting with the authentic flavor of blueberries. It's simply yogurt!

**Snack from the can**

**Blend in a smoothie**

**Top your breakfast oatmeal**

**However you want! Show us your creations at [thrivelife.com/recipes](http://thrivelife.com/recipes)**

### CHEF BITES

Best as a dry snack.

### 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.



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FREEZE DRIED DAIRY

THRIVE LIFE™

BLUEBERRY YOGURT BITES

Net Wt 5.2 oz (150g)