

CASHEW CHEW

Enjoy crunchy pieces of cashews, mangoes, and grapes with creamy Greek yogurt for a nutrient-packed snack you can take wherever you go!

FOR THE LOVE OF FOOD

Our Nutrilock® freeze drying locks in flavor and nutrients so you can stop chasing expiration dates and enjoy tasty food anytime you want.

THRIVING NATIONS

Thrive Life donates five percent of profits to help reduce world hunger. Find out more at thrivelife.com/thrivingnations



Nutrition Facts

3 servings per container

Serving size

1/2 cup (30g)

	Per Serving		Per Bag	
	140		420	
	% DV*		% DV*	
Calories				
Total Fat	7g	9%	21g	27%
Saturated Fat	1.5g	8%	5g	25%
Trans Fat	0g		0g	
Cholesterol	5mg	2%	10mg	3%
Sodium	90mg	4%	270mg	12%
Total Carb.	18g	7%	55g	20%
Dietary Fiber	1g	4%	2g	7%
Total Sugars	13g		39g	
Incl. Added Sugars	3g	6%	8g	16%
Protein	3g		9g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	23mg	2%	68mg	6%
Iron	1mg	6%	3mg	15%
Potassium	196mg	4%	587mg	10%

*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: CASHEWS (CASHEWS, PEANUT OIL, CORN SYRUP, SALT), GRAPES, GREEK STYLE YOGURT (SUGAR, GREEK STYLE YOGURT (CREAM YOGURT (MILK FAT, MILK PROTEINS, YOGURT CULTURES)), TAPIOCA STARCH), MANGO. **CONTAINS MILK, PEANUT, AND TREE NUT.**

PACKAGED IN A FACILITY THAT PROCESSES TREE NUT, PEANUT, MILK, WHEAT AND SOY PRODUCTS.

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