



Every THRIVE™ purchase helps reduce world hunger. Thriving Nations™ creates greater nutritional self-sufficiency around the world by teaching impoverished people how to diversify crops, increase food production, and create healthier dietary practices. Five percent of all THRIVE™ profits are donated to this cause.

THRIVE Bakery



BAKING MADE EASY

The THRIVE Bakery line offers the unmatched quality and taste of THRIVE in convenient mixes that can be made as they are or enhanced with your own ingredients to create nearly any baked good. Formulated in-house with no artificial colors or flavors, hydrogenated oils, or GMO, these quick mixes bring the bakery to your kitchen!

Honey Whole Wheat Dough Mix

Preparation Instructions:

For bread, remove oxygen absorber from can. Add 1 ¼ cups warm water to mixer with dough hook. Add 2 ¼ tsp. (1 packet) THRIVE™ Instant Yeast and slowly add 4 cups dough mix, scraping bowl occasionally. Knead for 5 minutes on medium speed or until gluten is formed. Depending on climate, some extra flour or water may be required.

Form into a smooth ball and lightly cover with oil. Cover with plastic wrap and allow to rise until doubled in size (about 40 minutes). Form dough into a loaf and place in greased 9x5 loaf pan. Let rise until bread rises over top of pan (about 1 hour). Score bread if desired. Bake at 350°F for 30-35 minutes or until crust is dark brown.

For Rolls: After dough rises, punch down and cut into 12 equal portions. Roll into balls and place in greased muffin tins or sheet pan to rise until doubled in size. Bake at 350°F for 12-15 minutes or until golden brown.

Make these tasty recipes with this mix:

Cinnamon Rolls



Wheat Rolls



Pizza Dough



For these recipes, go to

www.thrivelife.com/bakery

Honey Whole Wheat Dough Mix

THRIVE Bakery



Serving Suggestion

MAKES 3 LOAVES (36 ROLLS)

Net Wt 59.6 oz (3.72 lb) 1689g

45 SERVINGS



Honey Whole Wheat Dough Mix

Honey Whole Wheat Dough Mix

THRIVE™ www.EatThrive.com

Nutrition Facts

Serving Size 1 slice (37g Dry)
(51g Prepared)

Serving Per Container About 45

Amount Per Serving	As Prepared
Calories 130	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 270mg	11%
Total Carbohydrate 25g	8%
Dietary Fiber 4g	16%
Sugars 5g	
Protein 5g	
Vitamin A 0%	Vitamin C 2%
Calcium 4%	Iron 6%

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Sugars 5g

Protein 5g

Vitamin A 0% • Vitamin C 2%

Calcium 4% • Iron 6%

*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

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

Honey Whole Wheat Dough Mix

Usage Suggestions:

Get healthy fresh-baked bread on the table without the hassle with our multi-use dough mix—just add yeast and water. Bake it as it is, or add more grains and seasonings for tasty artisan loaves. Plus, you can use the dough for rolls, breadsticks, pizza crust, scones, and more!

Shelf Life: 3 Years

INGREDIENTS: WHOLE WHEAT FLOUR, REFINERY SYRUP, HONEY, SHORTENING POWDER (SOYBEAN OIL, MALTODEXTRIN, SODIUM CASEINATE, MONO AND DIGLYCERIDES, AND DISODIUM PHOSPHATE), SKIM MILK, SALT, VITAL WHEAT GLUTEN, WHOLE EGG, YOLK, EGG WHITES (GLUCOSE REMOVED FOR STABILITY), DOUGH ENHANCER (WHEAT FLOUR, CALCIUM SULFATE, AND 2% OR LESS ENZYMES).

CONTAINS: WHEAT, EGG, MILK, SOY

PROCESSED IN A FACILITY THAT ALSO HANDLES TREE NUT PRODUCTS.

CAUTION: NON-TOXIC OXYGEN ABSORBER PACKET INSIDE. DISCARD UPON OPENING PACKAGE.



Distributed By:

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