



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™



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 nutrient-rich and natural, so you can be confident you are providing your family with proper nutrition.

- T Grains
- H Vegetables
- R Fruits
- I Milk
- V Meat & Beans
- E Basics



Based on a trusted model.

Trusted Foods. A Trusted Standard. THRIVE™ provides high-quality, nutritious foods for both daily use and long-term storage.

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

Rainbow Farfalle Pasta

Preparation Instructions:

Bring 4 cups water to a boil with 1 teaspoon salt. Add 1 cup of pasta and cook 12–14 minutes until desired tenderness; drain. Makes 1 ½ cups pasta.

Farfalle Pasta Alfredo

Ingredients:

- 2 c. THRIVE Rainbow Farfalle Pasta
- 1 tbsp. garlic
- 2 tbsp. butter
- 1 c. water
- ½ c. THRIVE Asparagus (FD)
- ¼ c. THRIVE Mushroom Pieces (FD)
- 2 tbsp. THRIVE Chopped Onions (FD)
- ½ c. THRIVE Béchamel sauce, dry
- 1 tsp. THRIVE Chef's Choice Seasoning Blend
- ½ tsp. THRIVE Italian Seasoning Blend (FD)
- ½ tsp. lemon juice
- ½ c. cream
- ½ c. parmesan cheese
- ¾ c. THRIVE Tomato Dices (FD), reconstituted

Cook pasta until al dente; set aside. Sauté garlic in butter until lightly caramelized. Deglaze with water, then add sauce, seasoning blends, and all veggies except tomatoes. Bring to a simmer and cook for 2–3 minutes. Finish with lemon juice, cream, and parmesan cheese and simmer lightly for 1 minute. Fold in tomatoes (do not drain after reconstituting) and pasta, and cook another minute. Makes 4 servings.

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

Rainbow Farfalle Pasta

THRIVE™

GRAINS



Rainbow Farfalle Pasta

13 SERVINGS



Serving Suggestion

Net Wt 25.21 oz (1.57 lb) 715g

THRIVE™ www.EatThrive.com

Rainbow Farfalle Pasta

Nutrition Facts

Serving Size ¾ cup, Dry (55g)
Serving Per Container About 13

Amount Per Serving

Calories 210 Calories from Fat 10

Total Fat 1g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 20mg 1%

Total Carbohydrate 42g 14%

Dietary Fiber 1g 4%

Sugars 2g

Protein 7g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 10%

*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

Grains

Suggested Storage Amount:

Store a minimum of 300 pounds of grains per adult per year.

Usage Suggestions:

THRIVE Rainbow Farfalle Pasta brings fun shapes and colors to any pasta dish. Naturally colored by tomato and spinach, this enriched pasta is perfect for baked dishes, cold salads, and your favorite pasta recipes!

Shelf Life: 8 years

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

INGREDIENTS: SEMOLINA, [ENRICHED WITH IRON (FERROUS SULFATE) AND B VITAMINS (NIACIN, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID)], TOMATO SOLIDS, DRIED SPINACH.

CONTAINS: WHEAT.

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.



Distributed By:

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