



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.

### Shortening Powder

**Rehydration Instructions:**

Mix ¼ cup water with 1 cup THRIVE™ Shortening Powder. Blend until smooth.

#### Quad Chocolate Chip Cookies

(This is not a gluten-free recipe)

**Ingredients:**

- 1 c. semi-sweet chocolate chips
- ¼ c. white chocolate chips
- 1 c. milk chocolate chips
- ½ c. dark chocolate chips
- ½ c. THRIVE™ Shortening Powder, prepared
- ⅔ c. THRIVE™ Brown Sugar
- 2 tbsp. THRIVE™ Whole Egg Powder + 4 tbsp. water
- 1 tsp. vanilla
- 2 ¼ c. THRIVE™ White Flour, divided
- 1 tsp. THRIVE™ Iodized Salt
- 1 tsp. THRIVE™ Baking Soda

Carefully melt 1 ½ cups of the chocolate chips. Combine sugar and prepared shortening; mix together for 5 minutes. Add eggs and vanilla; blend well. Add melted chocolate and mix again. Sift in flour, salt, and baking soda; blend well. Fold in remaining chocolate chips and blend for 5 minutes. Bake at 350°F for 8–12 minutes. Makes 30 cookies.

Find recipes, planning tools, and more at [www.EatThrive.com](http://www.EatThrive.com)

Shortening Powder

THRIVE™

BASICS



Shortening Powder

200 SERVINGS



Serving Suggestion

Net Wt 42.3 oz (2.6 lb) 1200 g

Shortening Powder

THRIVE™ [www.EatThrive.com](http://www.EatThrive.com)

### Nutrition Facts

Serving Size 1 Tbsp. (6g)  
Servings Per Container About 200

**Amount Per Serving**

Calories 45    Calories from Fat 40

**% Daily Value\***

**Total Fat** 4.5g    **7%**

  Saturated Fat 1g    **5%**

  Trans Fat 0g

**Cholesterol** 0mg    **0%**

**Sodium** 10mg    **0%**

**Total Carbohydrate** 1g    **0%**

  Dietary Fiber 0g    **0%**

  Sugars 0g

**Protein** 0g

Vitamin A 0%    •    Vitamin C 0%

Calcium 0%    •    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

### Basics

**Suggested Storage Amount:**

Store a variety of cooking basics, including 60 pounds of sugar, 5 pounds of salt, and 10 pounds of cooking oil per adult per year.

**Usage Suggestions:**

THRIVE™ Shortening Powder can give a pleasant, crumbly texture to tarts, muffins, and breads.

**Shelf Life: 3 Years**

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

Opened \_\_\_/\_\_\_/\_\_\_.

**NON-GMO: NO BIODENGEERED INGREDIENTS.**

**INGREDIENTS:** SOYBEAN OIL, MALTODEXTRIN, SODIUM CASEINATE, MONO & DIGLYCERIDES, AND DISODIUM PHOSPHATE.

**CONTAINS: MILK, SOY.**

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



**Distributed By:**

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