



Maple Pulled Pork Waffles

ingredients | 2 person (4 person)

Put away the chopping block. All your freeze dried ingredients are ready for cooking!

grab from your box

Pulled Pork | 1 cup (2)

Onion Mix

Onion Slices | ½ cup (¾)

Green Onions | 2 ½ Tbsp. (½ cup)

Seasoned Veggie Mix

Red Bell Peppers | ⅓ cup (¾)

Green Chili Peppers | 2 ½ Tbsp. (⅓ cup)

Chef's Choice Seasoning | ½ tsp. (¾)

Maple Syrup Powder | 1 Tbsp. (2)

10 Grain Pancake Mix | 1 ⅓ cups (2 ¾)

Scrambled Egg Mix | 2 Tbsp. (3 ½)

grab from your pantry

Butter | 2 Tbsp. (¼ cup)

Salt | Add salt to taste

Cinnamon | ¼ tsp. (½)

Low Sodium Soy Sauce | 1 Tbsp. (2)

Vegetable Oil | 2 Tbsp (3 ½)

Brown Sugar | ¼ cup (½)

**20
minutes**

allergens:

Dairy, Wheat, Egg, Soy
Pantry items not included

AS PREPARED

350 CALS / **FATS 16G** / **PROTEIN 13G** / **SODIUM 770MG**

THRIVE
LIFE

kitchen gadgets: Waffle iron, bowl,
medium sauce pot



Cooking for 4: Measurements for a four (4) person meal are in parentheses.

Add 1 $\frac{3}{4}$ (2 $\frac{3}{4}$) cups of **warm water** and the pulled pork to a quart container with a lid. Tumble and set aside. Allow to soften by tumbling every few minutes.



Turn the waffle iron on to preheat. Combine all waffle ingredients (**10 grain pancake mix**, **scrambled egg mix**, 2 (3 $\frac{1}{2}$) Tablespoons **oil** and $\frac{2}{3}$ (1 $\frac{1}{4}$) cup of **water**) in a bowl and stir to create the batter.



In a large skillet, add the pork and water mixture, **seasoned veggie mix**, **onion mix**, $\frac{1}{4}$ ($\frac{1}{2}$) teaspoon **cinnamon**, **maple syrup powder**, $\frac{1}{4}$ ($\frac{1}{2}$) cup **brown sugar** and 1 (2) Tablespoon **soy sauce** and bring to a simmer. Simmer for 4-5 minutes. Add **salt** to taste.



Meanwhile, start cooking the waffles in waffle maker.



Finish the pork sauce by turning heat to low and swirling in 2 Tablespoons ($\frac{1}{4}$ cup) of **butter** to finish. Stir constantly to emulsify the butter. Once butter is all melted and blended with the sauce, remove from heat.



Top each waffle with the pork and sauce mixture, and enjoy!



Wasn't that simple?

Choose from a variety of Thrive Life ingredients to whip up your own family classics faster.





Nutrition Facts

5 servings per container

Serving size 1/2 Waffle (57g)

Amount per serving

Calories 230

		% Daily Value *
Total Fat	6g	8%
Saturated Fat	2g	10%
Trans Fat	0g	
Cholesterol	80mg	27%
Sodium	750mg	33%
Total Carbohydrate	31g	11%
Dietary Fiber	1g	4%
Total Sugars	10g	
Includes 8g Added Sugars		16%
Protein	12g	
Vitamin D	1mcg 6%	Calcium 59mg 4%
Iron	2mg 10%	Potassium 256mg 6%

* 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: THRIVE 10 GRAIN PANCAKE MIX (CAKE FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], CANE SUGAR, NONFAT POWDERED MILK, ANCIENT GRAIN BLEND [AMARANTH, BARLEY, MILLET, QUINOA, RYE, SPELT], SHORTENING POWDER [SOYBEAN OIL, MALTODEXTRIN, SODIUM CASEINATE, MONO & DIGLICERIDES, AND DISODIUM PHOSPHATE], BAKING POWDER [ENCAPSULATED SODIUM BICARBONATE, PROPRIETARY BLEND OF OILS], GLUTEN FREE FLOUR [BROWN RICE FLOUR, RICE STARCH, POTATO STARCH, XANTHAN GUM, LOCUS BEAN GUM], BUTTERMILK POWDER [CULTURED BUTTERMILK, WHEY], SCRAMBLED EGG MIX [WHOLE EGG, YOLK, DRIED EGG WHITES], SALT, SORGHUM FLOUR, BAKING SODA, GROUND FLAX SEED, NATURAL FLAVORS, CINNAMON), FREEZE DRIED PULLED PORK COOKED SEASONED* (PORK, POTATO EXTRACT, SALT), THRIVE SCRAMBLED EGG MIX DRIED EGG PRODUCT (WHOLE EGGS, YOLK, DRIED EGG WHITES), MAPLE SYRUP POWDER, ONION*, RED BELL PEPPER*, ALL PURPOSE SEASONING POWDER (SALT, SPICES, ONION, GARLIC, CHILI PEPPER, DEXTROSE, CITRIC ACID, SUGAR, NATURAL FLAVOR), GREEN CHILI PEPPERS*, GREEN ONIONS*.
*FREEZE DRIED
CONTAINS: MILK, WHEAT, EGG, SOY.



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