

Greek-Style Yogurt Bites

**Nutrition Facts**  
 Serving Size ¼ cup (11g)  
 Servings Per Container About 46

| Amount Per Serving           |                      |
|------------------------------|----------------------|
| Calories 50                  | Calories from Fat 15 |
| <b>% Daily Value*</b>        |                      |
| <b>Total Fat</b> 2g          | <b>3%</b>            |
| Saturated Fat 1g             | <b>5%</b>            |
| Trans Fat 0g                 |                      |
| <b>Cholesterol</b> 5mg       | <b>2%</b>            |
| <b>Sodium</b> 10mg           | <b>0%</b>            |
| <b>Total Carbohydrate</b> 8g | <b>3%</b>            |
| Dietary Fiber 0g             | <b>0%</b>            |
| Sugars 7g                    |                      |
| <b>Protein</b> 1g            |                      |
| Vitamin A 0%                 | Vitamin C 0%         |
| Calcium 2%                   | 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     |

**INGREDIENTS:** SUGAR, GREEK STYLE YOGURT (CREAM YOGURT [MILK FAT, MILK PROTEINS, YOGURT CULTURES]), STARCH (TAPIOCA).  
**CONTAINS: MILK.**

Processed in a facility that handles milk, egg, soy, wheat, & coconut products.  
 CAUTION: This product contains an oxygen absorber that is not intended for consumption. Please discard the packet upon opening can.  
 Thrive Life®, 691 South Auto Mall Drive, American Fork, Utah 84003



A crunchy bite that melts into a smooth Greek flavor. It's simply yogurt!

- Snack from the can
- Blend in a smoothie
- Top your breakfast oatmeal

However you want! Show us your creations at [thrivelife.com/recipes](http://thrivelife.com/recipes)

**CHEF BITES**

Best as a dry snack.

**FOR THE LOVE OF FOOD**

As the center of family gatherings, late-night talks, and your kitchen table, food brings us together. Freeze drying locks in nutrients and flavor so you can stop chasing expiration dates and enjoy tasty food anytime you want.



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Net Wt 17.84 oz (1.11 lb) 506g

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