

FREEZE
DRIED
FRUITS

THRIVE
LIFE™

APRICOTS

Net Wt. 7.76 oz (0.48 lb) 220g

Apricots

Nutrition Facts

22 servings per container

Servings size **1/2 cup (10g)**

Amount per serving
Calories 45

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 9g **3%**

Dietary Fiber 2g **8%**

Total Sugars 7g

Includes 0g Added Sugars **0%**

Protein 1g

Vitamin D 0mcg **0%**

Calcium 0mg **0%**

Iron 0.66mg **4%**

Potassium 240mg **6%**

Vitamin A 220mcg **25%**

Vitamin C 155mg **260%**

* 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: APRICOTS, MAY CONTAIN LESS THAN 1% ASCORBIC ACID, CITRIC ACID, AND MALIC ACID TO PROMOTE COLOR RETENTION.

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

Sweet, crunchy, and packed with Vitamin A & C. It's simply an apricot!

Snack from the can

Bake into muffins

Mix into a salsa

However you want! Show us your creations at thrivelife.com/recipes

FOR RECIPES
AND MORE VISIT
THRIVELIFE.COM

CHEF BITES

Add 1/2 cup of water to 1 cup of apricots and let sit until tender. Stir occasionally.

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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APRICOTS

Glue

Glue

Glue