



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.

**Bacon TVP**

**Preparation Instructions:**

Add THRIVE™ Bacon Textured Vegetable Protein into your recipe to partially or completely replace bacon. To replace 1 pound of bacon, soak 2 ½ cups of THRIVE™ Bacon Textured Vegetable Protein in 2 cups of water until tender. Drain any excess water.

**Bacon & Cheese Dip**

(This is not a gluten-free recipe)

**Ingredients:**

- ½ c. THRIVE™ Bacon TVP
- 2 c. THRIVE™ Sour Cream, prepared
- 1 package (8 oz.) of cream cheese, softened
- 2 c. THRIVE™ Shredded Cheddar Cheese (FD)
- ¾ c. chopped green onion
- 1 envelope (1 oz.) ranch dip mix

In a large bowl, mix together sour cream and cream cheese.

Stir in bacon TVP, shredded cheese, green onions, and ranch mix.

Place in a serving dish and serve with vegetables, bread, or crackers.

To serve as a warm dish, place in a baking dish and bake at 375°F for 25–30 minutes or until hot and bubbly.

Makes approximately 5 ½ cups of dip.

Find recipes, planning tools, and more at

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

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

Bacon Textured Vegetable Protein

THRIVE™

PROTEINS



Bacon, Textured Vegetable Protein

47

SERVINGS



Serving Suggestion

Net Wt 39.7 oz (2.4 lb) 1128g

Bacon Textured Vegetable Protein

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

**Nutrition Facts**

Serving Size ¼ cup (24g)  
Servings Per Container About 47

**Amount Per Serving**

Calories 80      Calories from Fat 30

**Total Fat** 3g      **5%**

Saturated Fat 0g      **2%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 560mg      **23%**

**Total Carbohydrate** 7g      **2%**

Dietary Fiber 3g      **13%**

Sugars 2g

**Protein** 10g

Vitamin A 0%      •      Vitamin C 0%

Calcium 6%      •      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

**Proteins**

**Suggested Storage Amount:**

Store at least 60 pounds of assorted meats and beans per adult per year.

**Usage Suggestions:**

THRIVE™ Bacon Textured Vegetable Protein is a perfect topper. Toss it on a salad or baked potato to add instant texture and flavor. Bacon Textured Vegetable Protein is also great in omelets.

**Shelf Life: 10 Years**

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

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

**INGREDIENTS:** TEXTURED VEGETABLE PROTEIN (SOY FLOUR, CARAMEL COLOR, RED 3), SOYBEAN OIL, SALT, NATURAL FLAVORING.

**CONTAINS: SOY.**

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



**Distributed By:**

Thrive Life®  
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