

Blackberries

Nutrition Facts

23 servings per container
Servings size 1/2 cup (16g)

Amount per serving	% Daily Value*
Calories 40	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 5g	18%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 16mg	2%
Iron 0mg	0%
Potassium 140mg	2%

* 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: BLACKBERRIES.

Ripened and crunchified for a rich burst of flavor. It's simply a blackberry!

- Snack from the can
- Bake into cobbler
- Add on top waffles
- Stir into a salad
- However you want! Show us your creations at thrivelife.com/recipes

CHEF BITES
 Add 1 cup of water to 1 cup of berries and let sit until tender. Or simply toss into any creation, and off you go!

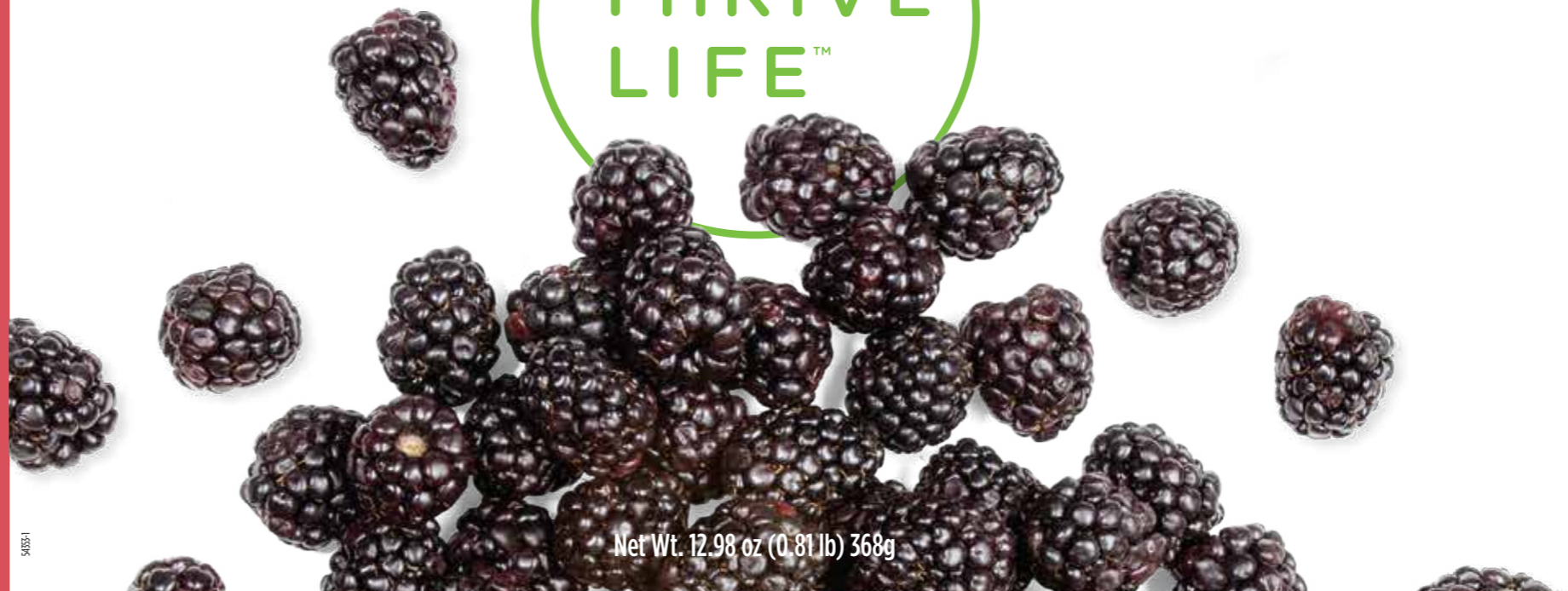
FOR THE LOVE OF FOOD
 As the center of family gatherings, late-night talks, and your kitchen table, food brings us together. Freeze drying locks in nutrients and flavor so you can stop chasing expiration dates, and enjoy tasty food anytime you want.



BLACKBERRIES



BLACKBERRIES



Net Wt. 12.98 oz (0.81 lb) 368g

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



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Glue

Glue

Glue