thrivingNATIONS

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.

Gluten-Free Flour

Gluten-Free Brownies

Ingredients:

½ cup Butter
¾ cup Dark chocolate
¾ cup Milk chocolate
¾ cup THRIVE Cane Sugar
¼ cup THRIVE Scrambled Egg Mix + 6 tbsp. water
1 tsp. THRIVE Vanilla Powder
¼ tsp. THRIVE Iodized Salt
¼ tsp. THRIVE Baking Powder
¾ cup THRIVE Gluten-Free Flour

Directions

Preheat oven to 325°F. Grease a 9×9 baking pan. Melt butter and chocolate in a medium saucepan over low heat. Whisk to prevent burning. Set aside to cool slightly. Beat eggs, sugar, and vanilla in a large mixing bowl.

In a small bowl, whisk all dry ingredients together until well blended. Pour slightly cooled melted chocolate mixture into egg mixture. Stir to blend. Add dry ingredients and stir until all ingredients are blended. Pour brownie batter into prepared pan. Bake for 25–30 minutes.

Find other Gluten-Free recipes like White Bread, Buttermilk Pancakes, and Muffins at Thrivelife.com/recipes.

Find recipes, planning tools, and more at
www.EatThrive.com

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

Gluten-Free Flour

THRIVE™

GRAINS

Gluten-Free Flour

47 SERVINGS

Serving Suggestion

Net Wt 46.4 oz (2.9 lb) 1316 g

Gluten-Free Flour

THRIVE™ www.EatThrive.com

*Weight and nutrition may vary between crops and production. Therefore, information on actual labels may vary from the information listed here.

Nutrition Facts

Serving Size ¼ cup (28g)
Serving Per Container About 47

Amount Per Serving	
Calories 100	Calories from Fat 5
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 1g	
Vitamin A 0% •	Vitamin C 0%
Calcium 0% •	Iron 2%

*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

Grains

Suggested Storage Amount:
Store a minimum of 300 pounds of grains per adult per year.

Usage Suggestions:
Take a bite into your favorite baked goods without worry. Thrive Life's Gluten-Free Flour helps you easily adapt any recipe to meet your dietary needs. As an all-purpose blend, use our Gluten-Free Flour as a one-to-one replacement for soft, gluten-free, and non-GMO baked goods.

Shelf Life: 5 years
Best if used within 6 months of opening to maintain life sustaining nutritional value under optimal storage conditions.
Opened ____/____/____.

INGREDIENTS: BROWN RICE FLOUR, RICE STARCH, POTATO STARCH, XANTHAN GUM, LOCUST BEAN GUM.

NON-GMO: NO BIOENGINEERED INGREDIENTS.
PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.

THRIVE LIFE

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Certified GF Gluten-Free

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