

Instant Milk

Nutrition Facts

46 servings per container
Serving size 3 Tbsp. (20g)

Amount per serving	% Daily Value*
Calories 70	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 110mg	5%
Total Carbohydrate 10g	4%
Dietary Fiber 0g	0%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 2mcg	10%
Calcium 246mg	20%
Iron 0 mg	0%
Potassium 341mg	8%

*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: NONFAT MILK SOLIDS, VITAMIN A PALMITATE, AND VITAMIN D3.
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

Light, smooth and ready in a pinch. It's simply milk!

- Whip into frosting
- Mix into mashed potatoes
- Bake into a casserole

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

CHEF BITES

Combine milk powder and water to make delicious Instant Milk. Once reconstituted, refrigerate to retain freshness. For best results, refrigerate at least 30 minutes before drinking. Proportions may be altered to suit individual taste.

- 1 cup water + 3 Tbsp. powder = 1 cup milk
- 4 cups water + ¾ cup powder = 1 quart milk
- 16 cups water + 3 cups powder = 1 gallon milk

FOR THE LOVE OF FOOD

As the center of family gatherings, late-night talks, and your kitchen table, food brings us together. With Thrive Life, you can enjoy that taste you love anytime you want.



INSTANT MILK



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Net Wt. 32.45 oz (2.02 lb) 920g