



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™

### Preparation Instructions:

For best results, blend 1 packet THRIVE™ Instant Dry Yeast with dry ingredients. Warm liquid ingredients to 120–130°F before mixing with dry. Temperatures above 140°F will harm yeast.

Alternatively, yeast can be dissolved in ¼ cup warm water at 110–115°F and added to other ingredients once foam has doubled in size. For bread machines, warm liquids to 80°F, add dry ingredients, then add yeast.

### Make these recipes and more with THRIVE Instant Dry Yeast:

#### White Rolls



#### Wheat Bread



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.

Find recipes, planning tools, and more at

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



Instant Dry Yeast

# THRIVE™

BASICS



Instant Dry Yeast

30

PACKETS



Net Wt 7.4 oz (0.46 lb) 210g

Instant Dry Yeast

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

## Nutrition Facts

Packet Size 2 ¼ tsp. (1 packet, 7g)  
Packets Per Container 30

Amount Per Serving

Calories 25      Calories from Fat 5

% Daily Value\*

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 5mg      0%

Total Carbohydrate 2g      1%

Dietary Fiber 2g      8%

Sugars 0g

Protein 4g

Vitamin A 0%      Vitamin C 35%

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

INGREDIENTS: YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID

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

## Instant Dry Yeast

### Usage Suggestions:

Make delicious homemade bread with THRIVE™ Instant Dry Yeast. It will make your loaves, rolls, breadsticks, scones, doughnuts and more irresistibly light and fluffy.

### Shelf Life: 4 Years

Best if individual packets are used within 2 years of opening the pantry can. Activity level of yeast may diminish slightly over time. Use additional yeast packets as necessary to increase activity level. Refrigeration after opening may prolong shelf life. Opened \_\_\_/\_\_\_/\_\_\_.



Distributed By:

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American Fork, Utah 84003  
[www.ThriveLife.com](http://www.ThriveLife.com)



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USPS# 53075

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

Glue

Glue

Glue