



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.

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

## Organic Green Peas

### Rehydration Instructions:

Put 1 cup THRIVE Green Peas and ½ cup water in a small container with a lid. Shake together and let sit for 35 minutes.

### Sweet Pea Soup

#### Ingredients:

- |                                |                                      |
|--------------------------------|--------------------------------------|
| 1 tbsp. garlic, minced         | 3 c. THRIVE™ Organic Green Peas (FD) |
| 2 tbsp. olive oil              | 1 tbsp. THRIVE™ Chicken Bouillon     |
| ¼ c. THRIVE™ Chopped Onions    | 2 tsp. season salt                   |
| ½ c. THRIVE™ Celery (FD)       | 1 tbsp. lemon juice, fresh           |
| ¼ c. THRIVE™ Carrot Dices      | 1 tbsp. rice wine vinegar            |
| 1 ½ tbsp. basil, chopped fresh | 6 ½ c. water                         |
| 1 ½ tbsp. parsley, fresh       |                                      |

Sweat garlic with olive oil; add onions, celery, and carrots and stir to coat. Sweat together for about 1 minute. Stir in 1 tablespoon of basil and parsley. Add water and bring to a simmer for 5 minutes, uncovered. Add peas and simmer for 5 minutes, uncovered. Add seasonings, lemon juice, and vinegar and puree in blender until smooth. Pour back into pan and whisk in the cream and remaining herbs. Makes 8 servings.

Find recipes, planning tools, and more at [www.EatThrive.com](http://www.EatThrive.com)

# THRIVE™

PREMIUM FREEZE DRIED

VEGGIES



Green Peas

FREEZE DRIED

46 SERVINGS



Net Wt 17.8 oz (1.11 lb) 506g

FREEZE DRIED Green Peas

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

## Nutrition Facts

Serving Size ¼ cup (11g)  
Servings Per Container About 46

### Amount Per Serving

Calories 40 Calories from Fat 0

**Total Fat** 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 0mg **0%**

**Total Carbohydrate** 7g **2%**

Dietary Fiber 3g **10%**

Sugars 3g

**Protein** 3g

Vitamin A 6% • Vitamin C 35%

Calcium 2% • Iron 4%

\*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
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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

## Vegetables

### Suggested Storage Amount:

The USDA recommends 2-4 servings of fruits and vegetables per adult per day.

### Usage Suggestions:

Create steaming homemade pea soup with delicious USDA-certified organic THRIVE™ Green Peas. Feature them with baked potatoes or pasta, or use them in side dishes as a great source of nutrition and flavor.

### Shelf Life: 25 Years

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

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

INGREDIENTS: ORGANIC GREEN PEAS.

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



### Distributed By:

Thrive Life  
691 South Auto Mall Drive  
American Fork, Utah 84003  
[www.ThriveLife.com](http://www.ThriveLife.com)

Certified Organic by Utah Department of Agriculture and Food



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Glue

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