



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.

**Quinoa**

**Preparation Instructions:**

Rinse 1 cup THRIVE Quinoa in a strainer. Add Quinoa and ½ tsp. salt to 2 cups boiling water and simmer covered for 15–18 minutes until tender. Drain and rinse after cooking. THRIVE™ Quinoa can also be ground into flour.

**Quinoa with Peas and Carrots**

**Ingredients:**

- 2 c. water
- 2 tsp. THRIVE™ Chicken Bouillon
- 1 c. THRIVE™ Quinoa
- ½ c. THRIVE™ Chopped Onions, reconstituted
- 1 ½ tbsp. olive oil
- 1 ½ c. THRIVE™ Green Peas (FD), reconstituted
- ½ c. THRIVE™ Carrot Dices, reconstituted
- ½ tsp. THRIVE™ Iodized Salt
- ¼ tsp. black pepper
- 2 tbsp. walnuts, chopped
- 1 tbsp. fresh lemon juice
- 1 tsp. rice wine vinegar
- 1 tsp. pit seasoning
- 2 tbsp. fresh cilantro, chopped fine

Place the quinoa in a fine strainer and rinse under cold water. In a 2-quart saucepan, bring the water and chicken bouillon to a boil. Add the rinsed quinoa to the boiling water and bring to a simmer for 15 minutes or until tender. Reconstitute the peas, carrots, and onions; drain off excess water and place in a bowl. Rinse the cooked quinoa in a strainer over cold water; once drained, add to bowl. Add the rest of the ingredients to the bowl and mix well. Serve cold. Makes 4 servings.

Find recipes, planning tools, and more at

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

Quinoa

THRIVE™

GRAINS



Quinoa



46 SERVINGS

Net Wt 73.0 oz (4.56 lb) 2070g



Quinoa

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

**Nutrition Facts**

Serving Size ¼ cup (45g)  
Servings Per Container About 46

**Amount Per Serving**

Calories 170 Calories from Fat 25

% Daily Value\*

**Total Fat** 2.5g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

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

**Sodium** 0g **0%**

**Total Carbohydrate** 29g **10%**

Dietary Fiber 3g **15%**

Sugars 0g

**Protein** 6g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 10%

\*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: 665g 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:**

THRIVE™ Quinoa is gluten-free and USDA-certified organic. It is unique because although it is sometimes considered a grain, it is actually closely related to leafy green vegetables such as spinach, making quinoa rich in both amino acids and protein. When cooked, quinoa can become a delicious hot cereal, pasta, or side dish.

**Shelf Life: 20 years**

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

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

**INGREDIENTS:** ORGANIC QUINOA.

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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