



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.

**Nonfat Powdered Milk**

**Preparation Instructions:**

Combine milk powder and water to make THRIVE™ Nonfat Powdered Milk. Once reconstituted, refrigerate to retain freshness.

Water		Powder	=	Yields
1 c.	+	3 tbsp.	=	1 c. milk
¾ c.	+	2 ¼ tbsp.	=	¾ c. milk
⅔ c.	+	2 tbsp.	=	⅔ c. milk
½ c.	+	1 ½ tbsp.	=	½ c. milk
⅓ c.	+	1 tbsp.	=	⅓ c. milk
¼ c.	+	¾ tbsp.	=	¼ c. milk

**Peach Cobbler Cakes**

(This is not a gluten-free recipe)

**Ingredients:**

- 2 c. THRIVE™ White Flour
- 3 tsp. THRIVE™ Baking Powder
- 1 tsp. THRIVE™ Iodized Salt
- 2 ¼ c. THRIVE™ White Sugar, divided
- 2 c. water
- 6 tbsp. THRIVE™ Nonfat Powdered Milk, prepared
- 1 c. butter, melted
- 1 tsp. vanilla extract
- 2 c. THRIVE™ Peach Slices (FD), rehydrated in THRIVE™ Orange Bliss

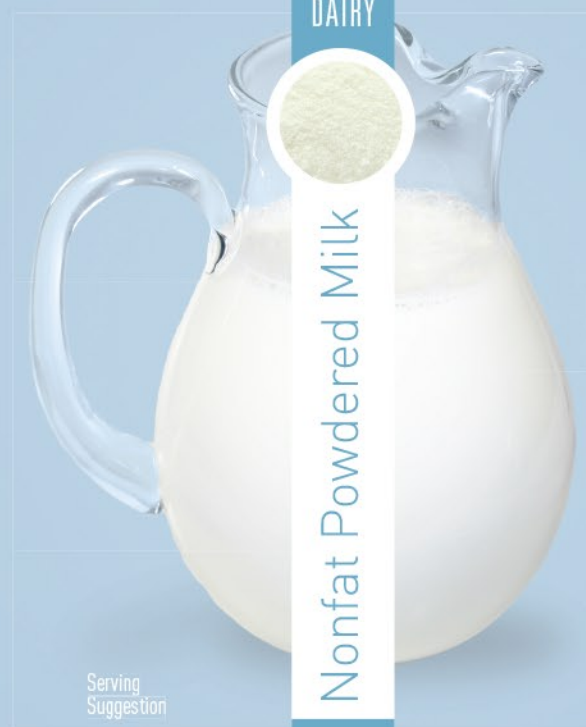
Preheat oven to 350°F. Grease muffin tin. Combine flour with baking powder, salt, and 2 cups sugar, then whisk in reconstituted milk. Whisk in melted butter and vanilla. Place peaches at the bottom of each muffin cup. Pour ¼ cup batter on top for each muffin, then sprinkle sugar on top. Bake at 350°F for 45 minutes or until golden brown. Invert onto a cooling rack and serve warm with whipped topping.

Find recipes, planning tools, and more at

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

Nonfat Powdered Milk

THRIVE™



Serving Suggestion

53 SERVINGS

Net Wt 54.2 oz (3.38 lb) 1537g

Nonfat Powdered Milk

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

**Nutrition Facts**

Serving Size 3 tbsp (29g)  
Servings Per Container 53

**Amount Per Serving**

Calories 110 Calories from Fat 0

**% Daily Value\***

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

Saturated Fat 0g **1%**

Trans Fat 0g

**Cholesterol** 10mg **2%**

**Sodium** 150mg **6%**

**Total Carbohydrate** 16mg **5%**

Dietary Fiber 0g **0%**

Sugars 16g

**Protein** 11g

Vitamin A 0% • Vitamin C 4%

Calcium 40% • Iron 0%

\*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

**Dairy**

**Suggested Storage Amount:**

Store at least 75 pounds of assorted dairy products per adult per year.

**Usage Suggestions:**

THRIVE™ Nonfat Powdered Milk is a convenient way to store milk. This nonfat blend is perfect for baking. As with any dairy product, reconstituted THRIVE™ Nonfat Powdered Milk should be refrigerated to retain freshness.

**Shelf Life: 25 years**

Best if used within 2 years of opening to maintain life sustaining nutritional value under optimal storage conditions.

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

INGREDIENTS: NONFAT POWDERED MILK.

CONTAINS: MILK.

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)



0705 07/06

Glue

Glue

Glue