

Vanilla Yogurt Bites

Nutrition Facts
 Serving Size ¼ cup (11g)
 Servings Per Container About 47

Amount Per Serving	
Calories 40	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 9g	3%
Dietary Fiber 0g	0%
Sugars 6g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	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
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: SUGAR, SKIM MILK YOGURT, STARCH, FLAVOR.
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



Crunchified and infused with the creamy taste of vanilla. It's simply yogurt!

- Snack from the can
- Blend in a smoothie
- Top your breakfast oatmeal
- However you want! Show us your creations at thrivelife.com/recipes

CHEF BITES

Best as a dry snack.

FOR THE LOVE OF FOOD

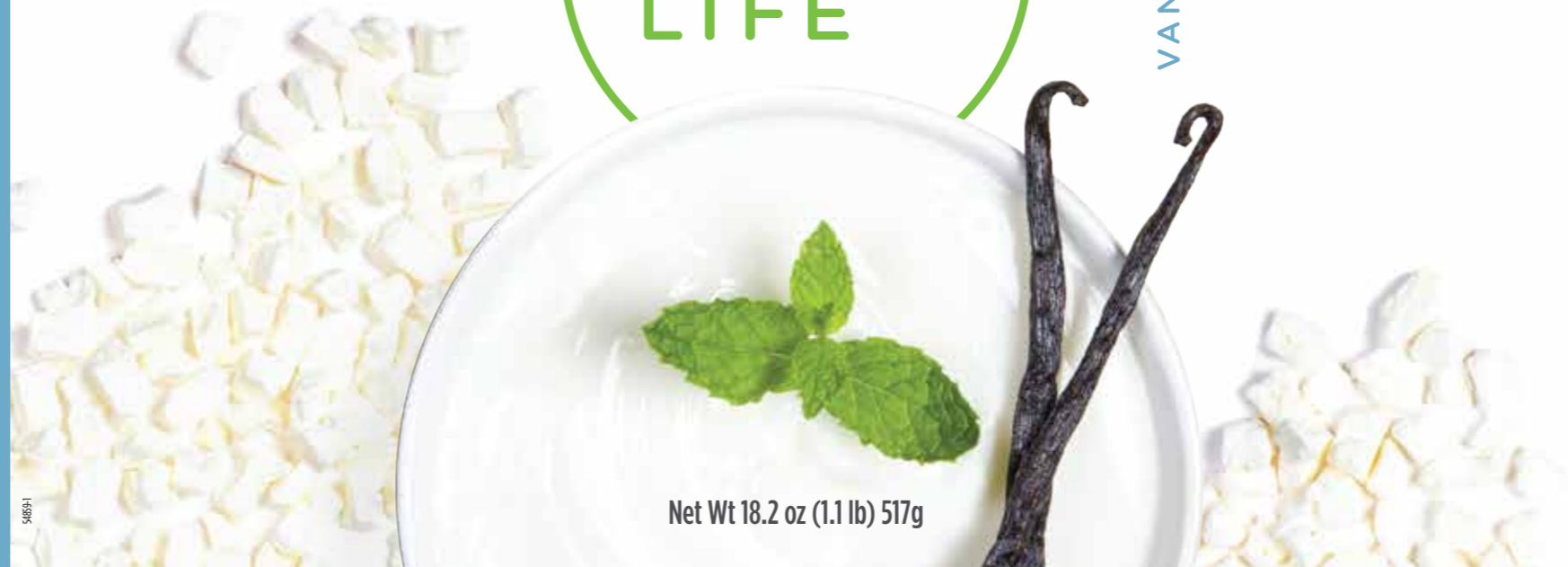
As the center of family gatherings, late-night talks, and your kitchen table, food brings us together. Freeze drying locks in nutrients and flavor so you can stop chasing expiration dates and enjoy tasty food anytime you want.



VANILLA YOGURT BITES



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Net Wt 18.2 oz (1.1 lb) 517g

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