



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.

Find recipes, planning tools, and more at www.EatThrive.com

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

Honey Whole Wheat Bread

Ingredients:

- 2 c. warm water
- 1 tbsp. active dry yeast
- 1 1/2 c. THRIVE Honey Crystals, reconstituted
- 1 c. THRIVE White Flour
- 5 tbsp. butter, melted
- 1 tbsp. THRIVE Iodized Salt
- 3 c. THRIVE Whole Wheat Flour

In a large mixing bowl, combine water, yeast, 1/4 cup of honey, and white flour. Stir until combined and allow to sit for 30 minutes. Mix in 3 tablespoons of melted butter, remaining honey, and salt. Stir in wheat flour until combined, then knead dough in a mixer with a dough attachment until gluten forms and dough is stretchy.

Place dough in two buttered loaf pans and cover with a loose towel. Let rise until doubled. Bake at 350°F for 30–35 minutes. Brush remaining butter on tops of cooked loaves.

Whole Wheat Flour

THRIVE™

GRAINS



Whole Wheat Flour

47 SERVINGS

Net Wt 58 oz (3.62 lb) 1645g



Serving Suggestion

Whole Wheat Flour

THRIVE™ www.EatThrive.com

Nutrition Facts

Serving Size 1/4 cup (35g)
Servings Per Container About 47

Amount Per Serving

Calories 110 Calories from Fat 10

% Daily Value*

Total Fat 1g **1%**

Saturated Fat 0g **1%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 22g **7%**

Dietary Fiber 4g **15%**

Sugars 0g

Protein 4g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 8%

*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

Grains

Suggested Storage Amount:

Store a minimum of 300 pounds of grains per adult per year.

Usage Suggestions:

Add whole grains to your family's diet with THRIVE™ Whole Wheat Flour. Whole wheat flour also provides the benefit of increased fiber, vitamins, and minerals.

Shelf Life: 5 years

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

Opened ____/____/____.

INGREDIENTS: WHOLE WHEAT FLOUR.

CONTAINS: WHEAT.

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



Distributed By:

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www.ThriveLife.com



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