

Applesauce

Nutrition Facts	
44 servings per container	
Servings size	1/4 cup (22g)
Amount per serving	
Calories	90
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 21g	8%
Dietary Fiber 3g	11%
Total Sugars 14g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 4mg	0%
Iron 0mg	0%
Potassium 158mg	4%

INGREDIENTS: APPLES.

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

Just add water for smooth applesauce blended from crisp apples. It's food made simple!

- Blend into applesauce
- Bake into bread
- Mix into a breakfast bar
- However you want! Show us your creations at thrive.life.com/recipes

CHEF BITES

Add 2½ cups of cold water to 1 cup of powder and blend on high until smooth. Add sugar and cinnamon to taste.

FOR THE LOVE OF FOOD

As the center of family gatherings, late-night talks, and your kitchen table, food brings us together. With Thrive Life, you can enjoy that taste you love anytime you want.



APPLESAUCE



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Net Wt. 34.1 oz (2.13 lb) 968g



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