## Applesauce

## **Nutrition Facts**

44 servings per container

Servings size 1/4 cup (22g)

Amount per serving

Calories

% Daily	Value*
Total Fat Og	0%
Saturated Fat Og	0%
Trans Fat Og	
Cholesterol Omg	0%
Sodium 15mg	1%
Total Carbohydrate 21g	8%
Dietary Fiber 3g	11%
Total Sugars 14g	
Includes Og Added Sugars	0%

Protein 0g

 Vitamin D Omcg
 0%

 Calcium 4mg
 0%

 Iron 0mg
 0%

 Potassium 158mg
 4%

**INGREDIENTS:** APPLES.

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 thrivelife.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.



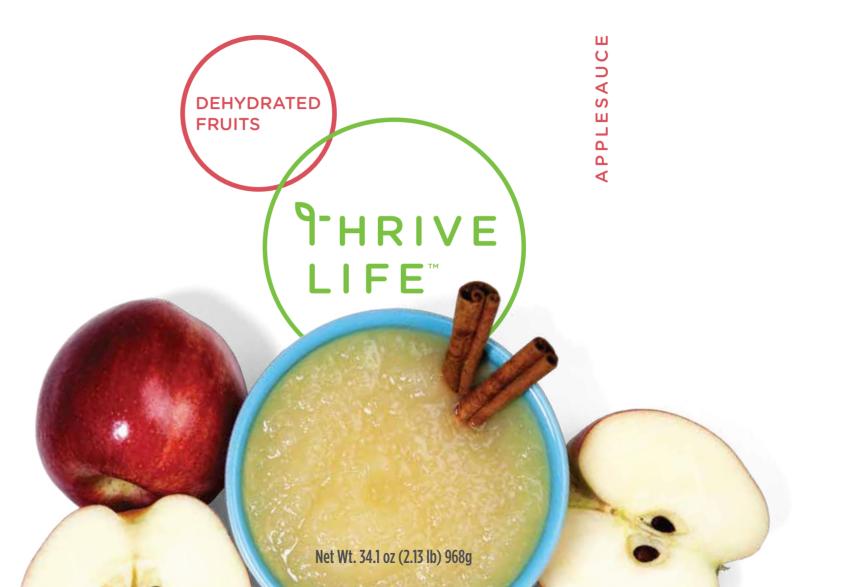




d made simple!

FOR RECIPES
AND MORE VISIT
THRIVELIFE.COM

APPLESAUCE



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

<sup>\*</sup> The % Daily Value (DV) Tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.