

# Blueberries

## Nutrition Facts

24 servings per container  
Servings size **1/2 cup (13g)**

Amount per serving  
**Calories 50**

% Daily Value\*

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

Saturated Fat 0g

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 5mg **0%**

**Total Carbohydrate** 11mg **4%**

Dietary Fiber 2g **8%**

Total Sugars 9g

Includes 0g Added Sugars **0%**

**Protein** 1g

Vitamin D 0mcg 0%

Calcium 10mg 2%

Iron 1.08mg 6%

Potassium 55mg 2%

\* 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.

**INGREDIENTS:** BLUEBERRIES.

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

Nutritionally flawless and bursting with sweet flavor. It's simply a blueberry!

**Snack from the can**

**Blend in a smoothie**

**Bake in a cobbler**

However you want! Show us your creations at [thrive.life.com/recipes](http://thrive.life.com/recipes)

### CHEF BITES

Add 1/3 cup of water to 1 cup of blueberries and let sit for 5-10 minutes. Stir or tumble every 5 minutes. Or simply toss into any creation, and off you go!

### FOR THE LOVE OF FOOD

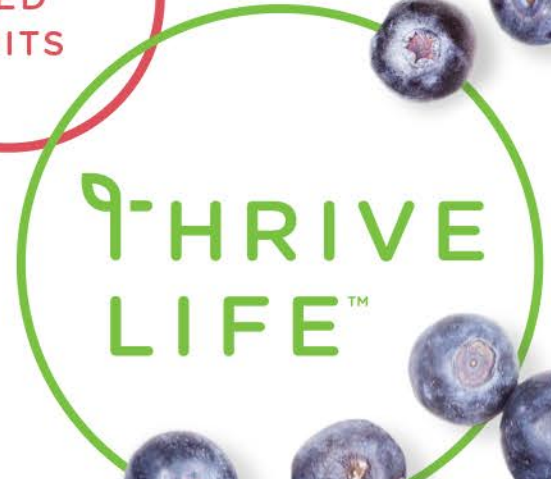
As the center of family gatherings, late-night talks, and your kitchen table, food brings us together. Freeze drying locks in nutrients and flavor so you can stop chasing expiration dates, and enjoy tasty food anytime you want.



FOR RECIPES AND MORE VISIT [THRIVELIFE.COM](http://THRIVELIFE.COM)

BLUEBERRIES

FREEZE DRIED FRUITS



BLUEBERRIES



Net Wt. 11.0 oz (0.68 lb) 312g

Glue

Glue

Glue