

**DIRECTIONS:**

- 1. Remove oxygen absorber and discard.
- 2. Mix 1/2 Cup Freeze-Dried Whole Blueberries with 1 Cup warm water.
- 3. Let stand 5 minutes, stirring occasionally.
- 4. Drain excess water and serve.

Enjoy as a snack right out of the can or rehydrate to add to your favorite fruit salad, smoothie, trail mix, cereal, yogurt, muffins, desserts, and more.



**Your purchase helps our heroes.**  
4Patriots donates a portion of its proceeds to support our veterans.

V1.2



# Freeze-Dried Blueberries

**SERVING SIZE:** 1/2 Cup (13g)  
**NET WT.:** 12 oz (340g)

4-11106PT



## Nutrition Facts

26 Servings Per Container  
**Serving Size** 1/2 Cup (13g) Dry  
(about 1/2 Cup prepared)

| Amount per Serving            |               |
|-------------------------------|---------------|
| <b>Calories</b> 45            |               |
|                               | % Daily Value |
| <b>Total Fat</b> 0g           | 0%            |
| Saturated Fat 0g              | 0%            |
| Trans Fat 0g                  |               |
| <b>Cholesterol</b> 0mg        | 0%            |
| <b>Sodium</b> 0mg             | 0%            |
| <b>Total Carbohydrate</b> 11g | 4%            |
| Dietary Fiber 2g              | 7%            |
| Total Sugars 8g               |               |
| Includes 0g Added Sugars      | 0%            |
| <b>Protein</b> 1g             |               |
| Vitamin D 0mcg                | 0%            |
| Calcium 5mg                   | 0%            |
| Iron 0mg                      | 0%            |
| Potassium 61mg                | 2%            |
| Vitamin C 8mg                 | 8%            |
| Vitamin K 15mcg               | 15%           |
| Manganese 0.3mg               | 15%           |

\* The % Daily Value 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: freeze-dried blueberries.

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Distributed by 4Patriots, LLC  
2920 Berry Hill Dr., Suite 300  
Nashville, TN 37204  
4patriots.com | (800) 304-4202