

Freeze-Dried Raspberries

Prepare

To make one serving:

- 1 Open pouch, remove oxygen absorber.
- 2 Pour 1 cup of cool water in a bowl.
- 3 Add 1/3 cup of raspberries to cool water.
- 4 Let sit for 20 minutes or until tender.
- 5 Or snack on them without reconstituting.

Nutrition Facts

8 Servings Per Container
Serving Size Approx. 1/3 Cup (7g)

Amount per Serving

Calories **25**

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 12mg	0%
Iron 0mg	0%
Potassium 73mg	2%

* 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: Raspberries.

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



NET WT. 1.98 OZ (56g)

Makes 8 Servings