

Instant Independence Make-in-Pouch Survival Meals

Strawberries & Cream Pudding

A Sweet, Velvety Treat for Breakfast or Dessert

To Prepare:

- 1 Open pouch, remove oxygen absorber.
- 2 Pour 1 cup of cold water into pouch.
- 3 Seal pouch & shake for approximately 3 minutes until a pudding consistency forms.
- 4 Enjoy your delicious dessert!



Distributed by 4Patriots, LLC
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NET WT. 2.1 oz. (60g)

Makes 2 Servings

Nutrition Facts

2 servings per container

Serving size 30 g (1/2 cup dry)

	1 Serving		Total Package	
Calories	120		240	
	% DV*		% DV*	
Total Fat	1.5g	2%	2.5g	4%
Saturated Fat	1g	5%	2g	10%
Trans Fat	0g		0g	
Cholesterol	5mg	1%	5mg	2%
Sodium	410mg	18%	810mg	35%
Total Carbohydrate	26g	9%	51g	19%
Dietary Fiber	0g	0%	1g	3%
Total Sugars	18g		36g	
Incl. Added Sugars	15g	29%	29g	59%
Protein	1g		2g	
Vitamin D	0.1mcg	0%	0.3mcg	2%
Calcium	30mg	2%	70mg	6%
Iron	0.1mg	0%	0.2mg	2%
Potassium	130mg	2%	260mg	6%

* 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.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

V1.0

Ingredients: Sugar, Modified Food Starch, Whey, Strawberry, Dry Cream (cream, milk), Coconut Oil Creamer (Corn Syrup Solids, Hydrogenated Coconut Oil, Dipotassium Phosphate, Sodium Caseinate [a Milk Derivative], Sodium Tripolyphosphate, Distilled Monoglycerides, Datem, Sodium Silico Aluminate [Anti-Caking Agent], and Artificial Flavor), Salt, Natural and Artificial Butter & Vanilla Flavor

Contains:Milk