

GET COOKING:

26 FAVORITE RECIPES FOR

THRIVE



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For more great recipes please visit Jodi and Julie at <http://YourThriveLife.com>

INTRODUCTION

This recipe booklet is a compilation of recipes from Thrive Life consultants that use our favorite Thrive Foods. We are excited to share it with you and get you cooking! If you have any questions or want to place an order for any of the great Thrive products, please email us at JodiandJulie@yourthrivelife.com or visit our website at <http://yourthrivelife.com>

FIESTA BLACK BEAN SALAD

SHARON G.

Ingredients:

- 2 C. THRIVE corn, re-hydrated
- 2 red onion, diced
- 1 C. THRIVE red peppers, re-hydrated
- 2 C. THRIVE instant black beans, prepared and drained
- 3 t. chili powder
- 2 T. olive oil
- 1 t. garlic powder
- 1/8 t. salt
- 2 T. balsamic vinegar
- 2 T. lemon juice
- 2 C. minced cilantro
- Pepper to taste

How To:

Gently toss together corn, onion, red pepper and beans. Stir in chili powder and allow to sit at room temperature. Meanwhile, whisk together olive oil, garlic powder, salt, vinegar and lemon juice. Pour dressing over vegetables. Stir in cilantro and pepper. Chill for 2 hours.

SUMMER PORRIDGE WITH THRIVE MANGOS

JENN C.

Ingredients:

- 1/4 cup old fashioned oats
- 1/4 cup plain nonfat Greek yogurt
- 1/3 cup skim milk
- 1 1/2 teaspoons dry chia seeds
- 1/4 teaspoon almond extract
- 1 teaspoon THRIVE honey crystals
- 1/4 cup THRIVE freeze dried mango
- 1 pinch of salt

How To:

Combine all ingredients in a 1/2 pint mason jar or other container with a lid. Shake well to combine. Refrigerate overnight. Get out a spoon and enjoy the creamy yumminess right from the jar. Serves 1. You may substitute mangoes for another fruit (raspberry, blueberry, apple, peach etc.)



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RUSSIAN REFRESHER MIX

LAVERNE H.

Ingredients:

- 4 cups THRIVE Orange Bliss drink mix
- 2 tablespoons THRIVE Lemonade mix + 1 1/3 cup sugar
- 2 teaspoons cinnamon
- 1 teaspoon ground cloves
- Additional sugar to taste

How To:

Mix ingredients together and store in a sealed container in a cool place. To use, place 2-3 teaspoons mix in cup with 8 oz. warm water. Stir. Great for colds or flu, or just for enjoying on a cold winter night. Also great added to hot cider (float orange slices in the hot cider) or hot cranberry juice.



GERMADE BREAD

JENN C.

Ingredients:

2 2/3 cups warm water
1/4 cup butter
1 Tbsp THRIVE Iodized Salt
4 beaten eggs or 4 Tbsp THRIVE Whole Egg Powder
1/2 cup water
2 cups THRIVE White Flour
2 cups THRIVE Whole Wheat Flour
1 cup potato flakes
1/3 cup THRIVE Honey Crystals
2/3 cup THRIVE Non-Fat Powdered Milk
2 2/3 cups THRIVE Germade (Wheat Cereal)
5 tsp yeast
5 tsp vinegar

How To:

Add in order to mixing bowl. Combine and knead: by machine about 8 minutes, by hand 10-12 minutes. Resist the temptation to add more flour. As the Germade absorbs the moisture, the bread dough will pull together and become the perfect consistency. Let rise in a greased bowl for 45 minutes or until doubled. Divide into half and shape into loaves. Let rise in pans for 30 minutes. Bake at 325° for 40-45 minutes. Makes 2- 2 pound loaves



ARTISAN WHOLE WHEAT CRACKERS

SHELLEY J.

Ingredients:

- 3 cups whole wheat flour, from freshly ground THRIVE White Wheat*
- 1 1/3 cups cold butter
- 2 cups THRIVE cheddar cheese**
- 1 1/2 teaspoons kosher salt
- 1/2 - 3/4 teaspoon white pepper
- 2-3 teaspoons dried THRIVE parsley flakes
- 1 teaspoon ground mustard
- 1/2 cup plus 1 tablespoon water
- sea salt/kosher salt

How To:

Dough

1. Thoroughly mix together the flour, kosher salt, white pepper, parsley, and ground mustard.
2. Cut in the butter so it resembles small pea sized crumbs.
3. Using a fork, stir in the shredded cheese.
4. Slowly add the 1/2 cup water until the dough comes together in a ball. If needed, add the tablespoon of water.
5. Wrap the dough in plastic wrap and put in the fridge for about 1 hour.

Bake

1. Preheat oven to 375 degrees and cut parchment paper to fit your baking sheets.
2. On a floured surface roll out about a quarter of the dough at a time to about 1/8 inch thick.

3. Cut out your cookies (you can cut them with a pizza cutter into squares, use cookie cutters, or use a 1 inch round cookie or biscuit cutter).
4. Transfer your cut outs to the parchment covered baking sheet.
5. Prick each cracker 3 times and sprinkle with sea salt/kosher salt.
6. Bake for 15-17 minutes or until lightly browned and crisp. They can burn quickly so set your timer and keep an especially close eye on the first batch to see what time works best for your oven.
7. Cool completely on a paper towel before storing (if there are any to store).

*You can actually use any combination of white and wheat flours to make 3 cups, but my favorite is 3 cups of freshly ground wheat flour.

**You could also use "4 Cheese Mexican Blend" cheese or another cheese of your choice but sharp cheddar is my favorite. If you use THRIVE Cheese it needs to be reconstituted.

Note: You can use a food processor, mixer, or do this by hand. I usually do the first three steps by hand and the 4th step with a mixer.



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EASY BLUEBERRY MUFFINS

NICOLE H.

Ingredients:

- 2 cups THRIVE white flour
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 1 cup THRIVE blueberries
- 3/4 cup white sugar
- 1 egg
- 1 cup THRIVE instant milk
- 1/4 cup vegetable oil

How To

Preheat oven to 400 degrees F. Stir together the flour, baking powder, salt and sugar in a large bowl. Make a well in the center. In a small bowl or 2 cup measuring cup, beat egg with a fork. Stir in milk and oil. Pour all at once into the well in the flour mixture. Mix quickly and lightly with a fork until moistened, but do not beat. The batter will be lumpy. Pour the batter into paper lined muffin pan cups. Variations use any THRIVE fruit. Bake for 25 minutes, or until golden.



For more g

SCHOOL LUNCH MIX RECIPE

SHELLEY J.

Ingredients:

THRIVE Freeze-Dried Pineapple

THRIVE Freeze-Dried Bananas

THRIVE Pomegranate Yogurt Bites

Almonds (or other nuts like cashews or macadamia)

Dark Chocolate chips (optional)

How To:

Get some small single serving containers. You can adjust the amounts to how you like it, but I added about 2 tablespoons of each ingredient to the container. Put the lid on. See I told you it was easy! You don't have to chop anything, do any dishes, and you can get these ready way ahead of time. You can try all kinds of fruit, yogurt, nut, and chip combinations.

How about bananas, strawberries, vanilla yogurt, peanuts, and milk chocolate chips? Or Raspberry, Blueberry, Strawberry Yogurt, almonds, and vanilla chips? I'm getting hungry just thinking about this.



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CHICKEN TORTILLA SOUP

JULIE W.

Ingredients:

- 2 tablespoons vegetable oil
- ¼ THRIVE freeze-dried chopped onions
- 2 tablespoons minced garlic
- ¼ c. THRIVE green chilies
- 6 T. THRIVE chicken bouillon
- 6 c. water
- 1 c. THRIVE freeze-dried tomato dices
- 1 c. cooked THRIVE black beans
- 2 c. THRIVE freeze dried sliced chicken
- 2 limes, juiced, plus wedges for garnish
- Salt and freshly ground black pepper
- ¼ c. THRIVE freeze-dried cilantro
- 1 (8-inch) flour tortilla, grilled, cut into thin strips
- 1 avocado, pitted, sliced
- 1 cup THRIVE cheddar cheese, rehydrated

How To

In a large saucepan heat the vegetable oil. Add garlic and cook for 1 minute. Add onions and chilies and cook for another minute. Pour the chicken bouillon, water, tomatoes, beans, and chicken into the pot and bring to a boil. Reduce heat and simmer for 5-10 minutes. Add lime juice and cilantro to the pot. Ladle soup into a bowl and top with a lime wedge, grilled tortilla strips, avocado slices and cheese. *Recipe based on a Danny Boome recipe found on the Food Network.*

QUINOA SALAD & LEMON BASIL DRESSING

STACEY T.

Ingredients:

SALAD

- 1 cup uncooked THRIVE organic quinoa
- 15 oz. can garbanzo beans, rinsed and drained
- 1c THRIVE diced tomatoes
- 1C THRIVE Red bell pepper
- 1 1/2C THRIVE sweet corn
- 1/4 C THRIVE green onions

DRESSING

- 2 Tbsp. olive oil
- 2 Tbsp. fresh lemon juice
- 1 1/2 tsp. THRIVE freeze-dried basil

How To

Rinse quinoa, and cook according to package directions. Meanwhile, in a small bowl whisk together olive oil, lemon juice, and basil. Set aside. Reconstitute slice green onions, dice tomatoes, corn, and bell pepper. When quinoa is done cooking, let cool. Then place all salad ingredients in a large bowl. Pour dressing over top and mix well to combine. Can eat immediately or chill before serving.



FUNERAL POTATOES

JODI M.

Ingredients:

- 4 cups THRIVE freeze-dried potato dices
- 1/3 cup THRIVE dehydrated onion flakes
- 2 cans cream of chicken soup
- 1 cup THRIVE sour cream powder, hydrated
- 3/4 c. THRIVE freeze-dried cheddar cheese
- 1/2 c. butter, melted
- 2 tubes ritz crackers crushed

How To

Preheat your oven to 350 degrees. Soak your potato dices and dehydrated onions in warm water. In a separate bowl, soak your freeze-dried cheddar cheese. While soaking, mix up your sour cream powder with water. Stir in the cream of chicken soup. Drain your potatoes and pour them into a 9×13 casserole dish. Drain the rehydrated cheese and add it to the cream mixture. Pour the cream mixture over top of the potatoes and stir together well. Melt ½ cup of butter and mix with crushed ritz crackers. Using your hand, crumble the ritz mixture over the top of the potatoes. Cover the dish with tinfoil and bake for 30-40 minutes or until hot all the way through.



CHICKEN TORTELLINI SOUP

JODI M.

Ingredients:

- 1 ½ c. THRIVE freeze dried chicken
- 1/4 c. THRIVE freeze-dried celery
- 2 T. THRIVE dehydrated onions
- 2 1/2 c. water
- 8 c. chicken broth (or water mixed with THRIVE chicken boullion)
- 1/2 tsp. celery seed
- 1 tsp. THRIVE freeze-dried basil
- 1/2 tsp. garlic salt
- 1 tsp. THRIVE salt
- Sprinkle of red pepper flakes (optional)
- 12 oz package of Barilla Tortellini

How To

Bring the water and chicken broth to a boil. Add spices. Add chicken (cut it up small if you like smaller chunks). Add dehydrated celery and onions. Add tortellini after it returns to a boil. Cook according to your package directions (probably about 10-12 minutes). Enjoy!



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POTATO GNOCCHI

SHELLEY J.

Ingredients:

1-1/2 cups THRIVE Freeze Dried Potato Dices
1 THRIVE Powdered Egg equivalent,
reconstituted)
3 teaspoons THRIVE salt, divided
1-3/4 to 2 cups THRIVE white flour
3 quarts water



How To

Cook potatoes in boiling water until soft. Mash. Reserve 2 cups of Mashed Potatoes; save left over for another use. Stir in egg and 2 teaspoons salt. Gradually beat in flour. Turn onto lightly floured surface and knead 15 times. Roll into 1/2 inch wide ropes. Cut ropes into 1-inch pieces. Press down with a lightly flour fork.



In a dutch oven, bring water and 1 teaspoon salt to boil. Cook gnocchi in small batches in boiling water for 8-10 minutes or until dumplings float to top and are cooked through.

Removed with a slotted spoon. Serve immediately with marinara or your favorite sauce.



CREAMY CROCK POT CHICKEN NOODLE SOUP

KRISTA H.

Ingredients:

8 cups water
6 teaspoons THRIVE Chicken Bullion (taste to your liking)
2½ cups THRIVE Chopped Chicken (FD)
1½ cups THRIVE Carrots
1½ cups THRIVE Celery (FD)
1½ cups THRIVE Mushrooms (FD)
¼ cup THRIVE Onions (FD)
1½ teaspoons dried thyme, crushed
¾ teaspoon garlic-pepper seasoning
3 ounces cream cheese, cut in cubes
2 cups THRIVE Egg Noodle Pasta

How To

In a 5- to 6-quart slow cooker, combine water, bullion, chicken, carrots, celery, mushrooms, onion, thyme and garlic-pepper seasoning. Cover and cook on low-heat setting for up to 6 hours or on high-heat setting for up to 3 hours. Stir in cream cheese and uncooked noodles. Cover and cook for 20-30 minutes more or just until noodles are tender.

RICE COOKER MILLET GLUTEN-FREE BREAKFAST

SHELLEY J.

Ingredients:

2 1/2 cups Water

1/2 cup THRIVE Millet

1/2 tsp THRIVE Salt

1 1/2 TBL Coconut Oil

1 tsp Vanilla (gluten free) or 1/4 teaspoon vanilla powder

1/4 cup Agave (you can use honey too-but I'd try 1/8 cup to start and add more)

Optional: Raisins and Cinnamon

How To

Okay, before you start this recipe, let me tell you a bit more about millet - it honestly has NO TASTE. There is a reason for the salt, coconut oil, and vanilla. Don't skimp on these items (especially the salt), they help sooo much!



Put water, millet, and salt in rice cooker and let it cook like normal rice. 2 servings.

Once the millet is cooked and still hot, mix in the coconut oil, agave, and vanilla. You need to add the coconut oil while hot, because it is a solid at room temperature. Now you have an easy, gluten free breakfast. Make it a routine! Just put the millet in the rice cooker and then jump in the shower while it's cooking! It's super simple and delicious.



BEEF STROGANOFF

KRISTA H.

Ingredients:

- 4 cups water
- 4 teaspoons THRIVE Beef Bouillon
- 1 ½ cups THRIVE Roast Beef or THRIVE Ground Beef (whichever you prefer)
- 1 cup THRIVE Mushrooms (FD)
- ¾ cup THRIVE Onions (FD)
- 1 ½ cups THRIVE Egg Noodle Pasta
- 1 ½ - 2 cups THRIVE Sour Cream (prepared)
- THRIVE Seasoning – Peppercorn Blend

How To

Bring water and beef bouillon to a boil in a deep dish pan. Stir in beef, mushrooms, onions, pasta. Cook uncovered for about 15 minutes or until pasta is tender. Add prepared sour cream, and simmer for another 5 to 10 minutes. Sprinkle with peppercorn and chives (optional).

SISTER'S CASHEW CHICKEN

PATTI E.

Ingredients:

- 1/2 C peach preserves (mine are sugar-free)
- 2 TBSP soy sauce
- 1 TBSP reconstituted THRIVE chicken broth
- 1 TBSP vegetable oil (THRIVE shortening or butter)
- 1 TBSP Cornstarch
- 1 tsp. garlic mince
- 1/4 tsp. ground ginger
- 1 1/2 Cups rehydrated THRIVE chopped chicken
- 1 cup rehydrated THRIVE bell peppers or peas
- 1/2 C. salted cashews
- Hot cooked rice, prepared (THRIVE of course)

How To

In a large shallow microwave safe bowl, combine the first 7 ingredients. Add chicken, toss to coat. Cover and microwave on high for 2 minutes, stir. Add peas and cashews. Cover and microwave on high for 2 minutes, stir and check. Microwave till heated through. Let stand for 3 minutes to thicken. Serve over rice. Ta-da. - Tasty 10 minute meal.

ENCHILADA PIE

JULIE W.

Ingredients:

- 1 1/2 cups THRIVE instant black beans
- 1/4 cup THRIVE dehydrated onion
- 1 can cream of chicken soup
- 1 c. milk
- 1/4 c. THRIVE green chilies
- 1 (16 oz) can enchilada sauce
- 6 whole wheat tortillas
- 2 cups of THRIVE freeze dried cheddar cheese.
- 2 cups of THRIVE freeze dried chopped chicken

How To

Cook black beans. Hydrate onion, chilies, and chicken. Hydrate cheese in a separate bowl. Combine beans, onions, cream of chicken, milk, green chilies, enchilada sauce, and chicken in a large bowl. Place tortillas in greased 9 by 13 inch pan. Top with half the bean mixture and half the cheese. Repeat the layers. Bake at 350 degrees for 40 minutes. Cool slightly and cut in squares.



For more g

FoodStorageMadeEasy.net

PENNE ALFREDO W/ ASPARAGUS & CHICKEN

LAVERNE H.

Ingredients:

- 1/2 lb. penne pasta, cooked al dente and set aside
- 1 batch Alfredo sauce (uses THRIVE Bechamel Sauce)
- 1 cup THRIVE Asparagus, reconstituted
- 1 cup THRIVE Seasoned Chicken Slices

How To

Combine Alfredo sauce (follow recipe on THRIVE Béchamel Sauce mix exactly, but thin slightly with extra cream or milk) with asparagus and grilled chicken (reconstituted, and lightly browned in a skillet with butter) in Dutch oven. Add pasta and cook until warm. Serve with fresh ground Parmesan cheese on top. (Please note: this is a copy cat recipe from one of my favorite restaurants out East, Bertucci's. YUM!



BBQ PIZZA

KRISTA H.

Ingredients:

Flatbread

THRIVE Chopped Chicken (FD)

THRIVE Sweet Corn (FD)

THRIVE Onions (FD)

THRIVE Green Chilies (FD)

THRIVE Monterrey Jack Cheese (FD)

Red Onion, sliced

How To

Squirted my favorite BBQ - Sweet Baby Ray's Sweet & Spicy or Sweet Baby Ray's Sweet Vidalia Onion. Add whatever quantities you like of hydrated THRIVE veggies. Rehydrate THRIVE cheese and sprinkle on top. Bake about 5 minutes longer than what the directions say on your flatbread and wha-la...gourmet pizza!



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MEXICAN CASSEROLE

STACEY T.

Ingredients:

- 1 1/3 C Instant Rice THRIVE
- 1/2 C Instant Black Beans THRIVE
- 1/2 C Sweet Corn FD THRIVE
- 1t Chili Powder
- 1/3 C Cheddar Cheese FD THRIVE
- 1 1/2 C Salsa (any)
- 3 1/4 C water

How To

Pour water, black beans, corn, chili powder in a pot. Bring to a boil and then turn down to simmer. Simmer for 15 minutes. Meanwhile, pour about a 1/2 c of water in cheese baggie. Let sit for 5 mins then drain water. Put cheese on paper towel to rest. When bean mixture time is up add rice and cover with a lid. Simmer 5 more minutes.

Pour in salsa, stir and top with cheese.

Simmer 5-7 minutes, just until it is heated through and cheese is melted. ***Note when you pour ingredients in the mason jar put rice in a baggie and leave it slightly open. Also put the cheese in a separate baggie, so when you go to cook you can have them separate easily.

Don't forget to put an oxygen absorber on the very top before twisting your lid on. This will be good for 5-7 years. Don't put in water or salsa in jar. Just beans, corn, chili powder, rice, cheese, oxygen absorber, and then lid.



CHICKEN BROCCOLI CASSEROLE

JULIE B.

Ingredients:

- 4 Cups THRIVE Egg Noodle Pasta
- 1 lb Chicken Cooked & Shredded (2 cups THRIVE FD Chopped Chicken, rehydrated)
- 2-3 Cups Broccoli, Steamed (or THRIVE freeze-dried broccoli rehydrated)
- 4 small cans Chicken Broth
- 1/4 C Butter (one cube)
- 1/4 C Flour
- Salt & Pepper - to taste
- 3 1/2 C Shredded Cheese (or less... we like cheese in our family!)

How To

Preheat oven to 375. Spray your pan with cooking spray. Boil your noodles until they are al dente. Drain and spread them out over the bottom of your pan. While your noodles are boiling rehydrate your chicken if your using Freeze-Dried. Steam your Broccoli as well. Layer your noodles in the bottom of the pan. Next up the chicken - spread evenly across the noodles. Then the steamed broccoli even over the chicken. To make the sauce warm the chicken broth in a large pot to a simmer. In a separate small pan add butter, melt then whisk in the flour until blended well. Add to broth mixture and mix well. Add 1/2 C cheese and stir to melt. Season with pepper and salt to taste. Let simmer for 3-5 mins, stirring often to prevent scorching. Add sauce mix to pan being sure to cover evenly. Top with remaining cheese and cover with foil. Bake at 375 for 25 mins or until cheese is melted.



DELICIOUS TACO SOUP

JULIE B.

Ingredients:

1 c THRIVE Instant Red Beans	1/8 t ground black pepper
1 c THRIVE Instant Pinto Beans	1 t seasoning salt
1 1/2 c THRIVE FD Ground Beef	Pinch of cayenne pepper
1 c THRIVE Freeze Dried corn	2 T chili powder
2 T THRIVE Mixed Bell Peppers	1 t garlic powder
2 T THRIVE FD Chopped Onions	1/4 t oregano
1/4 c ranch dressing mix powder	1/2 t paprika
1 28 oz can of diced tomatoes	2 t cumin
	9 c water

How To

Boil water in a 5 qt saucepan or larger, turn off heat then add all other ingredients at once except the tomatoes. Cover and let sit for 5 minutes. Add tomatoes - I put half my can through a food processor first to decrease the amount of tomato chunks. This is my hubby and I's compromise on taco soup. I like chunks of tomato he hates them... we meet in the middle - then cover and return to a simmer for about 15 minutes, stirring occasionally. Serve up with toppings of choice (Sour Cream, Cheese, Tortilla Chips).



APPLE OATMEAL CRISP

JENN C.

Ingredients:

- 1 cup THRIVE Brown Sugar
- 1 cup Old Fashioned Rolled Oats
- 1 cup THRIVE White Flour
- 1/2 cup melted butter
- 2 tsp cinnamon
- 3 cups THRIVE Granny Smith Apple Slices-Freeze Dried

How To

Preheat oven to 350°F. Mix apples and 3 cups water. Let sit for 10-15 minutes and then drain. Mix brown sugar, oats, flour, butter and cinnamon until crumbly. Divide mixture in half. Place half in bottom of a deep dish pie plate and press firmly. Pour apples over pressed mixture. Mound remaining cinnamon/oat mixture over the top and lightly press. Bake 40-45 minutes until bubbly and golden brown. Serves 8

BILL CLINTON COOKIES

LAVERNE H.

Ingredients:

- 1 quarter (8 tablespoons butter, melted)
- 6 tablespoons cocoa
- 3/4 cup THRIVE sugar
- 1 cup THRIVE flour
- 2 eggs (2 tablespoons whole egg powder + 4 tablespoons water)
- 1 teaspoon pure vanilla extract

FROSTING for Bill Clinton Cookies

- 4 tablespoons butter, softened (not melted)
- 3 1/2 cups THRIVE Powdered Sugar
- 1 teaspoon pure vanilla extract
- milk to desired consistency

How To

Mix all ingredients. Drop by teaspoonsful onto waffle iron and bake for about 1 minute.

Remove from waffle iron and cool on cooling rack. Frosting: Mix all ingredients together and spread liberally on cooled cookies. If desired, top with sprinkles or ground peppermints.



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LEMONADE BROWNIE & LEMON FROSTING

JULIE B.

Ingredients:

1/2 cup butter (room temp) OR 1/2 cup THRIVE Butter Powder + 1/4 cup water
3/4 tablespoon THRIVE Lemonade Powder + 1/3 cup THRIVE White Sugar
1/4 cup THRIVE White Sugar
1 egg, plus 2 yolks or 3 tablespoons Whole Egg Powder + 6 tablespoons water
1 tsp vanilla
3/4 cup THRIVE White Flour, plus 2 Tbsp
1/4 tsp THRIVE Baking Powder

For Lemon Buttercream Frosting

1/2 cup butter, room temperature
3-4 tablespoons THRIVE Classic Lemonade prepared as drink
1 tsp lemon extract or 1/2 tsp vanilla extract +
1/4 tsp THRIVE Lemonade Powder
3-4 cups THRIVE Powdered Sugar



How To

Preheat Oven to 350 F. Cream together butter, sugar and lemonade powder for 1-2 minutes until mixed well and a little fluffy. Add eggs (mixed well in separate bowl before combining with other ingredients) and vanilla and mix until well blended. On low mix in flour and baking powder. Pour into greased 8x8 pan or cupcake pan with cupcake liners. Bake for 15-20 minutes until edges start to brown and middle is set. Do not overbake. If using butter powder, your baked item will not brown, like it will with fresh butter. They will look more pale than you'd expect. *Original Recipe by Cookies and Cups.*

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FOOD STORAGE BLACKBERRY PIE

JODI M.

Ingredients:

Pie Crust

2 cups THRIVE white flour
1 T. THRIVE salt
3/4 cups butter-flavored shortening
1 T. THRIVE egg powder
3/4 cups cold water

Blackberry Filling

5-6 cups THRIVE blackberries
(rehydrated and drained)
1 T. lemon juice
3/4 cup THRIVE white sugar
3 T. corn starch
1/8 tsp. cinnamon

How To

Combine flour and salt. Cut in the shortening until the mixture is crumbly. Combine the egg powder and water. Add to the flour mix and stir until dough is formed. This makes a VERY VERY soft sticky dough. Split into two pieces. Put in refrigerator for an hour for easier rolling. Roll out half the dough on a floured surface and place into a 9" pie crust. Put back in fridge while you prepared the filling.



After the blackberries are hydrated and drained, mix with lemon juice. Combine the other ingredients in a separate bowl and then pour into the blackberries and stir. Pour into the cool pie shell. Roll out the other half of the dough and cut it into 1 inch slices. Lay in a criss-cross or weave pattern over the blackberry. Optional, Brush a small amount of milk over top of the crust and sprinkle with white sugar. Cover the edges with tinfoil and bake at 425 for about 30 minutes or until the crust is golden brown and delicious. *(Adapted from joyofbaking.com recipe.*

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