

Apple Crumble



1 cup Thrive Granny Smith apples
1 cup water
2 tbsp brown sugar
tsp vanilla.

Add to saucepan and bring to boil.
Reduce heat and simmer for ten minutes or until apples
are soft

Topping:
1 half cup quick oats
1/4 cup butter.
Mix together to form crumble.

Put apples in oven safe bowl. Crumble on top.
Bake for 15 minutes at 350

Recipe

Contact: Jodi
to order your ingredients!
yourthrive.life.com



Chicken Salad

3/4 Cup Thrive Chopped Chicken
3/4 - 1 Tsp Chef's Choice
1/4 Cup Thrive Celery **
3 TBS Thrive Chopped Chicken
3/4 Cup Hot water
3 TBS Mayo

**Recommend to crunch celery into smaller
pieces

Mix everything but mayo together. Let sit 10-15
minutes. Add Mayo, mix well. Refrigerate.

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Mexican Spinach Dip



- 8 oz Cream Cheese (Softened)
- 1/3 Sour Cream
- 2 TBS Thrive Green Chilis (add more if you would like it spicier!)
- 1 Cup Thrive Diced Tomatoes
- 2 TBS Thrive Chopped Onions
- 1 Cup Thrive Chopped Spinach
- 3 Cups Extra Sharp Cheese
- 1 TSP Salt
- 1/2 TSP Chili powder
- 1/2 TSP Ground Cumin
- 1/2 Cup Water

Pre-heat oven to 350. In a mixing bowl cream your cream cheese and sour cream together. Toss in all of your Thrive Life ingredients, add water. Mix together. Add in seasoning and cheese. Spread in an 8in square baking dish (spray with non stick spray) Bake for 25-30 minutes until golden and bubbly.

Serve with tortillas or french bread!

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Messy Philly Cheese in a Jar Meal

(single serve)

- 1/2 Cup Thrive Shredded Beef
- 3 TBS Thrive Red Bell Peppers
- 3 TBS Thrive Sliced Onions
- 3 TBS Thrive Mushrooms
- 1/4 Cup Thrive Mozzarella Cheese
- 1 Tsp Beef Gravy
- 1/4 TSP Thrive Chef Choice
- 1 Tsp Minced Garlic.

Add 1/2 to 3/4 Cup of HOT Water. Cover and let sit for 5-10 min until everything is refreshed. Enjoy!

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