

MIXING GUIDE

Bulk Serve

thickplus™

Method




1. Measure the required amount of fluid.
2. Using the clean dry scoop provided measure the correct dose of **thickplus** into a separate container. Ensure each scoop is levelled.
3. Add the pre-measured dose of **thickplus** to the fluid.
4. Place the stick blender over the thickplus pushing it to the bottom of the container.
5. Start the blender on low, gradually building speed without aerating. To prevent aeration do not break the surface of the fluid while the blender is running.
6. Stop the blender. Using a spatula, scrape any **thickplus** from the sides of the container and put back into the liquid.
7. Reblend until all the **thickplus** is mixed then allow to stand for 5 - 10 minutes. Consume thickened fluid and refrigerate any unused portions at 4°C or less for up to 24 hours.



PLEASE NOTE:

For larger volumes (1 litre and over) we suggest using a mechanical device such as a stick blender. To prevent aeration, do not break the surface of the fluid while the blender is running.

Once prepared, handle and store according to your Food Safety Protocols. We recommend the use of the '2-hour/4-hour rule'. Refrigerate food and drinks between serving, and discard any leftover product after 24 hours.

AMOUNT OF FLUID	 LEVEL 2 MILDLY THICK	 LEVEL 3 MODERATELY THICK	 LEVEL 4 EXTREMELY THICK
1 Litre	1½ Teaspoons	3 Teaspoons	6 Teaspoons
5 Litres	7½ Teaspoons	⅓ Cup*	⅔ Cup*
10 Litres	⅓ Cup*	⅔ Cup*	1⅓ Cup*
15 Litres	½ Cup*	1 Cup*	2 Cups*

FOOD FOR SPECIAL MEDICAL PURPOSES

Food and drink thickener for the dietary management of dysphagia. Use under medical supervision. Not suitable as a sole source of nutrition. Not suitable for children under 12 months of age. For oral consumption only.

All information stated is correct at time of publishing and subject to change without notice. Flavour Creations is a gluten and nut free manufacturing environment.