

Guidelines for thickening liquids



Warning

Powder can cause choking and obstruction if taken dry. Always mix with fluid.

Instructions for starch-based thickeners



1

Measure the desired amount of liquid.



2

Measure the correct number of level scoops using the scoop provided.



3

Sprinkle the thickening powder into drink.



4

Stir briskly for 30 seconds with a fork or whisk until the powder dissolves.



5

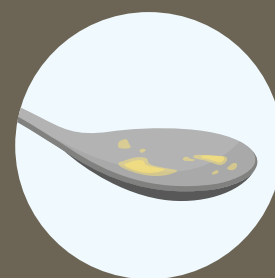
Leave to stand for 1–5 minutes to allow the liquid to thicken. Do not add more powder.



6

Test the liquid is the correct thickness before serving. If required, add a little extra powder or liquid, stir briskly, and allow to stand as before.

Thickness levels



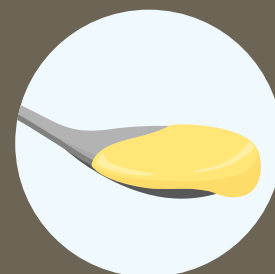
Slightly thick (level 1)

Thicker than water (e.g. single cream). Leaves a trace amount of residue on a spoon. Can be drunk through a straw.



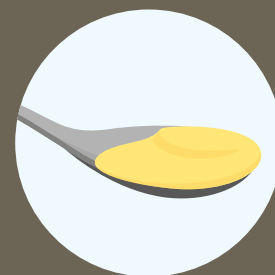
Mildly thick (level 2)

Pours quickly from a spoon but slower than water (e.g. syrup). Can be drunk from a cup. Can be drunk through a straw with a little effort.



Moderately thick (level 3)

Pours slowly from a spoon (e.g. custard). Drops through the prongs of a fork. Can be drunk from a cup. Difficult to drink through a straw.



Extremely thick (level 4)

Holds shape on a spoon and cannot be poured (e.g. thick yoghurt). Falls off a spoon when tilted. Cannot be drunk from a cup or with a straw. Must be eaten with a spoon.

Measurements



200ml
Standard mug
(approx.)



150ml
Small tumbler
(approx.)