

# Mixing guidelines for

# QUIKTHIK **PLUS**

## METHOD:

1. Measure out the total amount of QuikThikPLUS required and put it into a dry cup/glass/jug.
2. Add fluid and stir immediately
3. Agitate continually until QuikThikPLUS is completely dissolved—do not add more powder
4. Allow fluids to stand until desired thickness is reached.



THICKNESS*	MILDLY THICK LEVEL 150 (Nectar, 1/2 thickness, T1, A)	MODERATELY THICK LEVEL 400 (Honey, 1/2 thickness, T2, B)	EXTREMELY THICK LEVEL 900 (Full, T3, C)
RECIPE SINGLE SERVE	1 Green Scoop /220mL fluid	1 Purple Scoop /220mL fluid	1 Blue Scoop /220mL fluid
MOVICOL RECIPE	1/2 Green Scoop /125mL MOVICOL	1/2 Purple Scoop /125mL MOVICOL	1/2 Blue Scoop /125mL MOVICOL
BULK RECIPE 1.1 LITRE	5 x Green Scoop /1100mL fluid	5 x Purple Scoop /1100mL fluid	5 x Blue Scoop /1100mL fluid
DESCRIPTION	Thicker than naturally thick fluids such as fruit nectars, but not as thick as a thick shake.	Similar to the thickness of room temperature honey or a thick shake.	Similar to the thickness of pudding or mousse.
FLOW RATE	Steady, fast flow	Slow flow	No flow

\*Australian standardised definitions and terminology for texture-modified foods and fluids as defined by the Dietitians Association of Australia 2007

## DIRECTIONS NOTES:

For accurate thickness ensure the fluid and thickener amounts used are correct.

Agitation can be done by hand with a fork or spoon for small volumes, or by high speed mixing for large volumes - to prevent aeration do not allow the mixer to break the fluid surface.

Warm/hot fluids will reach thickness in approx 1 minute. Cold fluids will thicken slowly over several minutes.

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MADE AND OWNED



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