

QUIKTHIK®

MIXING INSTRUCTIONS

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



Modified

Mostly Modified

THICKNESS*	MILDLY THICK LEVEL 150 (Nectar, ¼ thickness, T1, A)	MODERATELY THICK LEVEL 400 (Honey, ½ thickness, T2, B)	EXTREMELY THICK LEVEL 900 (Full, T3, C)
RECIPE SINGLE SERVE	1 x level teaspoon OR 1 x lightly rounded scoop /100mL fluid	2 x level teaspoon OR 2 x lightly rounded scoop /100mL fluid	3 x level teaspoon OR 3 x lightly rounded scoop /100mL fluid
MOVICOL RECIPE	1½x level teaspoon OR 1¼ x lightly rounded scoop /125mL MOVICOL	1½x level teaspoon OR 1½ x lightly rounded scoop /125mL MOVICOL	1¾x level teaspoon OR 1¾ x lightly rounded scoop /125mL MOVICOL
BULK RECIPE 1 LITRE	10 x Scoop /1000mL fluid	20 x Scoop /1000mL fluid	30 x Scoop /1000mL 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 Assoc

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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