



# QUIKTHIK<sup>®</sup> PLUS



## MIXING INSTRUCTIONS

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



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 green scoop /220mL fluid	1 x purple scoop /220mL fluid	1 x 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 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 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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Oltra; 2/11 Endeavour Drive Kunda Park QLD 4556  
 T: 07 5445 4460 E: [admin@oltra.com.au](mailto:admin@oltra.com.au)

*Dr. MacLeod's*<sup>®</sup>  
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\*When compared with QuikThik