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# Simply Thick® Mixing Instructions

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**Step 1:** Determine if you are using a bottle & pump, individual packets, or bulk packets of Simply Thick®. Identify the liquid consistency that has been recommended for you. Dispense the Simply Thick® item into your beverage according to the charts listed below. The charts are separated by the type of Simply Thick® product.

**Step 2:** Stir Simply Thick® in liquid briskly for 30 seconds.

**Step 3:** Beverage is ready to serve immediately or can be stored for later use.

**Tip:** At the end of the day, gently wipe the pump nozzle with an alcohol wipe. This prevents a hard, dried drip from forming.

## Bottle & Pump Simply Thick®:

Desired Consistency	Per 4 oz. 120ml/0.5 Cups	Per 8 oz. 240ml/ 1 Cup	Per 32 oz. 950 ml/ 4 Cups
Nectar (Level 2 Mildly Thick)	1 Stroke	2 Strokes	8 Strokes
Honey (Level 3 Moderately Thick)	2 Strokes	4 Strokes	16 Strokes
Pudding (Level 4 Extremely Thick)	4 Strokes	8 Strokes	32 Strokes

## Individual Packets:

Desired Consistency	Per 4 oz./ 120ml 0.5 Cups	Per 8 oz./ 240 ml 1 Cup
Nectar (Level 2 Mildly Thick)	One 6g packet	Two 6g packets
Honey (Level 3 Moderately Thick)	One 12g packet	Two 12g packets
Pudding (Level 4 Extremely Thick)	Two 12g packets	Four 12g packets

## Bulk Packets:

Desired Consistency	Per 32 oz./ 950ml/4 Cups
Nectar (Level 2 Mildly Thick)	One 48g packet
Honey (Level 3 Moderately Thick)	One 96g packet
Pudding (Level 4 Extremely Thick)	Two 96g packets