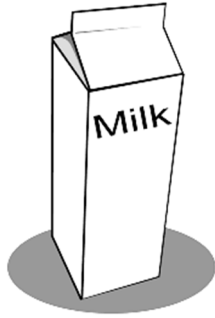




## **MIXING INSTRUCTIONS**

### **When using a whisk or fork**



Measure 200ml (1/3<sup>rd</sup> of a pint) of whole milk (blue top) in a jug or other container



Then empty the contents of one sachet (57g) into a large glass and add a little milk to the powder. Mix with a fork until smooth.



Add the remaining milk and stir until smooth.



Drink immediately or keep covered and refrigerated for up to 24 hours.