

# NECTAR THICK LIQUID

## TO PREPARE:

1. **Fill** your cup halfway (4 oz)
2. **Squeeze** 1 packet of thickener
3. **Stir** for 20 seconds
4. Liquid flow: **3 drops per 1 second**

## COMMON BRANDS:

- Simply Thick
- Thick-It
- Thicken Up
- Thick and Easy

## BUY THEM AT:

- Walmart
- Amazon.com
- Walgreens  
etc.



## Nectar thick liquids:

- V8 Juice
- Peach/apricot nectar
- Buttermilk



## These are thin liquids:

