



PREP TIME: 5 minutes
COOK TIME: 0 minutes
TOTAL TIME: 5 minutes
+ 15 minutes standing time
MAKES: 1 serving (125 mL)

NUTRITION INFO - PER SERVING

Calories 50	Fibre 0 g
Protein 0 g	Sugars 11 g
Fat 0 g	Sodium 40 mg
Carbohydrate 13 g	

ThickenUP[®]
clear

Ginger Ale Beverage

INGREDIENTS

½ cup (125 mL) ginger ale
2 scoops (10 mL/2.8 g) ThickenUp[®] Clear



DIRECTIONS

1. Pour ginger ale into 1-cup (250 mL) serving glass. Stir for 30 seconds to release some of the carbonation.
2. In small bowl, measure 2 scoops ThickenUp[®] Clear. Add to ginger ale. Stir briskly with spoon for 30 seconds or until powder is well dissolved. Allow 10 minutes to reach desired consistency before serving.

Note: For IDDSI LEVEL 2, in small bowl, measure 1 scoop ThickenUp[®] Clear.

^ΔRefer to www.IDDSI.org