

## Carrageenan Instructions

To prepare the solution, begin by adding 4 grams of thickener to 1 litre of clean, warm tap water and blend for approximately 5 minutes until fully dissolved. Allow the mixture to rest for 5 minutes, then blend again for about 3 minutes. Repeat the resting and blending process once more to ensure complete dissolution. After the final blend, let the solution rest for a minimum of 2 hours before use.

For optimum results:
Give the solution 8 hours of resting time before using.