

Always measure the liquid required, e.g. 200ml.

Add the power all at once.

It is recommended to first place the powder in the glass/cup/shaker and then add the liquid, but it is also possible to first place the liquid in the glass/cup/shaker and add the powder second.



Start stirring or shaking as soon as possible.

Stir or shake quickly.

To avoid lumps stir as soon as the powder and liquid are combined.