

Mix
2 heaping
spoons into
a Mug of
hot milk or
water

Mix
2 heaping
spoons into
a Mug of
hot milk or
water

Mix
2 heaping
spoons into
a Mug of
hot milk or
water

Mix
2 heaping
spoons into
a Mug of
hot milk or
water

Mix
2 heaping
spoons into
a Mug of
hot milk or
water

Mix
2 heaping
spoons into
a Mug of
hot milk or
water

Mix
2 heaping
spoons into
a Mug of
hot milk or
water

Mix
2 heaping
spoons into
a Mug of
hot milk or
water

Mix
2 heaping
spoons into
a Mug of
hot milk or
water

Mix
2 heaping
spoons into
a Mug of
hot milk or
water

Mix
2 heaping
spoons into
a Mug of
hot milk or
water

Mix
2 heaping
spoons into
a Mug of
hot milk or
water