

altralife

How to mix our *soups*.

To make your delicious Altralife soup, follow these simple instructions:

STEP 1



Add **2 scoops** or **1 sachet** of Altralife soup mix into a bowl and make a well in the centre.

1 serving = 2 scoops

STEP 2



Add 50ml of hot water (not boiling!) to your Altralife soup mix.

STEP 3



Stir into a smooth paste with a fork or a whisk. Top up with a further 150ml of hot water. Mix until the powder is dissolved and your soup is lump free.

Top tip: Add some herbs and spices to your Altralife soup for a fuller flavour.