



Photo by Paul Little

STAGLANDS NECTAR

Makes 2 litres

- 1 tbsp glucose
- 1 tbsp milk powder
- 1 tbsp complan
- 1 tsp brewers yeast
- 2.5 cup sugar

Put all ingredients together with approx 1 litre of hot water and whiz.

Add enough water to make it up to 2 litres.

