



# MIXED BERRY SMOOTHIE

## INGREDIENTS

420g frozen mixed berries (fresh fruit may be used if preferred)

140g fat free natural yogurt

240ml semi-skimmed milk

50g malt extract

Berries to decorate

## METHOD

Simply place all ingredients in a blender and mix until combined. Pour into your favourite glass and finish with a few berries placed on the top.



Muntons make more than just malt. For example, Muntons are Europe's largest homebrew manufacturer, making beer and wine making kits that can be found in specialist homebrew shops, online and through some high street retailers.

**DID  
YOU  
KNOW?**



## MALT...

*the undiscovered ingredient*

Using these recipe cards we will try to show you how this fascinating ingredient can bring improvements to virtually all of your cooking. In addition to the recipe featured, why not try adding a dessert spoonful of malt extract to any sauce you make; into your gravy or try using malt extract in place of half of the sugar called for in your baking recipes. We know you will be surprised by the difference this can make.

In this recipe malt has been used to sweeten the smoothie and enhance the fruit flavours. There is less of the 'instant' sweetness that simple sugar would bring and more of a gentle mellowing of the natural tartness of the berries. Malt also brings a deeper, richer colour to the smoothie and leaves the fruit flavours dancing on the tongue for longer – intrigued?

For this recipe you will need to have a jar of malt extract to hand. Malt is made from barley, a cereal grown extensively in our region; it is made by sprouting the barley just enough to allow natural enzymes to be developed in the barley that can convert starch into sugar. At Muntons our malt extract is made by adding just water and heat – nothing else. We crush our malt and soak this in hot water to encourage the natural enzymes to convert the barley starch into sugars and then boil this to drive off most of the water leaving the sticky glossy syrup that you spoon from the jar. Jars of malt are available from health food shops and pharmacists.

[www.muntons.com](http://www.muntons.com)

  
**Muntons**  
Passionate about malt