



HOMEMADE MALTED FLAPJACKS

INGREDIENTS

230g oats
145g Malt Extract
50g butter
45g soft brown
sugar
½ tsp vanilla extract
60g dried
cranberries
80g chopped dried
apricots

METHOD

Combine butter, malt extract, sugar and vanilla extract in a small saucepan and heat over a medium heat. Stir occasionally until the butter has melted and the sugar has completely dissolved. In a separate bowl combine oats and dried fruits and pour the melted syrup on top. Mix well, stir to combine and let cook for around 5 minutes.

Line a baking tray with greaseproof paper and spread the mixture on this. Lay another piece of greaseproof on top, and then a baking tray the same size on top. Push down with some force to spread the mixture and flatten it inside the tray. Remove the pan and greaseproof from the top and leave to chill in the fridge for several hours to set.



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.

The great chewy texture of these flapjacks comes from the malt extract used in this recipe. Malt naturally contains proteins and is rich with minerals and vitamins. Made using oats and dried fruits, these flapjacks slowly release energy and are high in fibre and fruits. They are not only good for you but really tasty too.

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


Muntons
Passionate about malt