



# CHILLED MALTERED MILKSHAKES

## INGREDIENTS

### Vanilla Milkshake

190g vanilla  
ice-cream  
200ml whole milk  
1 large tbsp of Malt  
Extract (85g)

### Chocolate Milkshake

200g chocolate ice-cream  
200ml whole milk  
2 tbsp of Malt Extract  
(130g)

## METHOD

Simply place the ice cream, milk and malt extract into a blender and blend until fully mixed.

### To finish...

To add an extra malty hit, wet the rim of the glass slightly and dust with Horlicks powder. For the ultimate malted milkshake, top with whipped cream, crushed maltesers and a drizzle of malt extract.



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.

Adding a tablespoon of malt into vanilla milkshake gives it a rich caramel latte colour whilst enhancing the vanilla flavour. Chocolate milkshake needs two tablespoons of malt extract to really bring out the malted chocolate flavour and the result? A gorgeous chocolate malt flavoured milkshake topped off with whipped cream and crushed maltesers.

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.



**Muntons**  
Passionate about malt

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