



SAUNDERS' MALT EXTRACT

Preparation

10
MINS

Cook Time

5
MINS

Cool Time

1
HR

Serves

12

Difficulty

EASY

MALTED RICE KRISPIE BARS

Made using just 3 ingredients; rice krispie cereal, macadamia butter and Saunders' Malt Extract for a light malted nutty flavour. A fun project for school holidays and great for picnics.

INGREDIENTS

- 3 cups rice krispie cereal
- 110g raw macadamias (or 1/3 cup any nut or seed butter)
- 1/3 cup Saunders' Malt Extract

METHOD

- 1** Line the base of a (22cm x 28cm) baking tray with baking paper, allowing for some paper to overhang. Place rice krispies cereal in a large bowl. Using a small bowl of a food processor, process macadamias on high speed until the nuts turn into a smooth butter. Place the nut butter and Saunders' Malt Extract in a small saucepan and heat, stirring, over low heat for 2-3 minutes for the mixture to warm up and become runny, do not boil. Pour over the cereal and mix with a spoon until well combined. Transfer the mixture into the paper-lined tray and using the back of the spoon flatten roughly. Place another sheet of baking paper on top and press the mixture flat and into the edges of the tray. Place in a cool dry place for an hour to cool.
- 2** Lift the slab out of the tray and cut to into bars using a sharp knife. You can trim off the edges (cook's bonus).
- 3** Store in a cool dry place in a zip lock bag for up to 5 days.

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