

SAUNDERS'
MALT EXTRACT



NATURE'S OWN PICK ME UP

Saunders' Malt Extract contains no fat and is a source of Vitamins B1, B2, B3, and B6. This all-natural sweetener, contains no artificial colours, flavours or preservatives and is 100% natural.

SAUNDERS'
MALT EXTRACT



Preparation

15
MINS

Bake Time

50
MINS*

Makes

10-12
SLICES

Difficulty

EASY

MALTED DUTCH BREAKFAST LOAF

Like a gingerbread loaf, this loaf is spiced with ginger, cinnamon, nutmeg and cloves for a delicious aroma and flavour. The texture is soft and spongy and best enjoyed with a cup of tea and a nice smear of butter (or a slice of cold butter). It's a mix and bake recipe too.

Notes

* Allow one hour for cooling time.

INGREDIENTS

- 215g rye flour
- 70g bread flour
- 115g brown sugar
- 1 tbsp baking powder
- 2 tsp ground ginger
- 2 tsp ground cinnamon
- ¼ tsp nutmeg
- ¼ tsp ground cloves
- ¼ tsp salt
- 1 cup full cream milk
- ½ cup honey
- ¼ cup Saunders' Malt Extract

To Serve

- Cold butter
- Tea, coffee or a glass of milk

METHOD
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METHOD

- 1 Preheat the oven to 160°C. Lightly butter a 9"x5" loaf pan. Line base and sides of a loaf tin with baking paper, with a slight overhang to help lift the loaf out of the tin.
- 2 In a large mixing bowl, add the rye flour, bread flour, brown sugar, baking powder, ginger, cinnamon, nutmeg, cloves and salt. Mix the dry ingredients together to break up any lumps.
- 3 In a large glass measuring jug, whisk together half the milk with the honey and malt extract. Add remaining milk and mix well.
- 4 Add the wet ingredients to the dry ingredients and stir to combine. Pour the batter into the prepared pan and bake for 45-50 minutes, or until a toothpick inserted in the centre comes out clean.
- 5 Remove from oven and set it on a cooling rack. Cover the top of the pan with aluminium foil. Set it aside until completely cooled, preferably overnight to help the loaf develop a soft, sticky crust.
- 6 Once cooled, remove the foil and lift the loaf out of the pan. Serve slices with lashings of butter, a cup of tea, coffee or a glass of cold milk.
- 7 The loaf will keep at room temperature for a couple of days, or store the loaf in the fridge for up to a week, especially in humid conditions.

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