

SAUNDERS' MALT EXTRACT



Preparation

20
MINS

Freeze Time

5+
HRS

Serves

8-12

Difficulty

EASY

TRIPLE MALTED NICE CREAM SLICE

If you are after a decadent ice cream slice with just a few simple ingredients, this banana-based triple malted slice is a must try. Perched on a nutty malted base, whipped banana blended with cream and Saunders' Malt Extract makes for a creamy, easy to slice frozen fruit dessert. Drizzled with extra extract for a triple malt treat. This recipe is best started a day ahead to ensure the nice cream sets.

INGREDIENTS

Nice Cream Slice

- 500g frozen banana slices*
- ¾ cup fresh cream
- ½ cup Saunders' Malt Extract
- 3 tspb cocoa powder

Base

- 8 Medjool dates
- 1 cup walnuts (macadamias, pecans or peanuts work well here too)
- 2 tbsb Saunders' Malt Extract

To Serve

- ½ cup Saunders' Malt Extract

**Notes: you can buy sliced frozen banana from most supermarkets. Alternatively, peel and slice ripe bananas and freeze them flat in zip lock bags first.*

METHOD

- 1 Line a (10cm x 23cm) loaf tin with baking paper with the sides overhanging.
- 2 Using a food processor, blend frozen bananas and cream until smooth. Add Saunders' Malt Extract and pulse for the extract to mix through. Scoop half the mixture into the paper-lined loaf tin. Press the mixture well into the edges using a spoon or spatula and smooth out the top. Add cocoa powder to the remaining mixture and mix to combine. Pop the mixture on top of the first layer and press well into the edges using a spoon or spatula and smooth out the top. Cover with a sheet of baking paper, pressing down gently to remove any air bubble and prevent freezer burn. Freeze for at least 5 hours or overnight.
- 3 To make the base, pit dates and pulse in a food processor until roughly chopped. Add walnuts and process for 30 seconds or until the mixture resembles is starting to come together. Add Saunders' Malt Extract and mix well.
- 4 Remove frozen nice cream from the freezer. Transfer the base mixture onto the top layer and using the pack of the spoon or your fingers spread it evenly over the top. Replace the baking paper cover and freeze for an extra hour.
- 5 To serve, remove the paper cover and place a serving plate upside down on top of the tin. Flip the plate and the tin and turn the slice out. Remove the rest of the baking paper off and allow the slice to stand for 5 minutes at room temperature. Drizzle with extra malt syrup and slice using a serrated knife.
- 6 The nice cream slice will keep in the freezer for up to a month, but to prevent freezer burn it's best to enjoy it within a couple of weeks of making.

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