

SAUNDERS' MALT EXTRACT



Preparation

5
MINS

Cook Time

20
MINS

Makes

2

Difficulty

EASY

MALTED MILK & BISCOFF SAGO (TAPIOCA) PUDDING

Tapioca seed pudding cooked in malted milk, served with Lotus Biscoff crumbs for an indulgent treat (or top with diced fresh mango for a healthier twist).

INGREDIENTS

- 1 ½ cups milk
- 1 ½ cups water
- 1 tablespoon Saunders' Malt Extract
- 2 tbsp granulated sweetener of choice (we used xylitol)
- ⅓ cup tapioca seeds*
- 4 Lotus Biscoff biscuits

METHOD

- 1 Bring milk and water to a simmer in a medium saucepan. Add malt extract and sweetener to the warm milk and stir to dissolve.
- 2 Bring to the boil and add tapioca seeds. Bring back to a simmer and reduce heat to low. Cook, stirring occasionally for 10-15 minutes until the tapioca seeds become translucent and most of the liquid has been absorbed.
- 3 Divide pudding between two serving bowls or glasses and top with crumbed Lotus Biscoff biscuits.

Notes

*Tapioca seeds are available from most Asian grocers and some supermarkets (including the Mackenzies brand we used). They are smaller in size than sago pearls.

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