



RECIPE BOOK

malta



JAMAICAN SPICE BUN
WITH **malta**TM

JAMAICAN SPICE BUN WITH **malta**

INGREDIENTS

- » 2 ounces Margarine
- » 1 bottle Malta
- » 1/2 cup wine
- » 1 teaspoon vanilla
- » 1/2 tablespoon Browning
- » 1 medium egg (optional)
- » 8 ounces dark sugar
- » 1 pound counter flour
- » 1 teaspoon nutmeg
- » 1/4 teaspoon salt
- » 1 teaspoon cinnamon powder
- » 1 tablespoon baking powder
- » 1 tablespoon mixed spice
- » 1/4 pound mixed peel, chopped
- » 1/4 pound raisins, soaked

INSTRUCTIONS

1. Melt Margarine and allow it to cool, then add Malta, wine, vanilla, Browning, beaten egg (if used).
2. Stir in the sugar and mix until all the granules are dissolved.
3. Mix together all the dry ingredients then add the chopped mixed peel and raisins.
4. Combine liquid mixture with dry ingredients and mix well.
5. Scrape the batter into a greased loaf pan 12"x4"x3".
6. Bake in a preheated oven at 180°C/350°F or until a skewer inserted comes out clean.
7. Cool on a cooling rack.
8. To Glaze: Combine 2 tablespoons honey with two tablespoons of water and bring to a boil; remove from flame and use a pastry brush to apply it over the surface of the bun.

To Serve: Serve with slices of cheese.
Yield: 1 loaf





**JAMAICAN SWEET
POTATO PUDDING**
WITH **malta**[®]

JAMAICAN SWEET POTATO PUDDING WITH **malta**

INGREDIENTS

- » 5 pounds sweet Potato
- » 3 cups dark Sugar
- » 1 cup flour
- » 1 teaspoon cinnamon powder
- » 4 cups Coconut Milk
- » 4 cups water
- » 1 bottle Malta
- » 1/4 cup Margarine melted
- » 1 whole nutmeg, grated
- » 1 teaspoon salt
- » 1 teaspoon cinnamon powder
- » 1 teaspoon vanilla essence
- » 1 tablespoon white rum
- » 1 tablespoon lime juice
- » 1 teaspoon Browning (optional)
- » Handful of raisins (optional)

INSTRUCTIONS

1. Peel cut and grate sweet potatoes and place in a large mixing bowl.
2. Add dark sugar, flour and raisins.
3. Combine Coconut Milk to the sweet potato mixture.
4. Add melted margarine, nutmeg, salt, cinnamon powder, vanilla, rum, lime juice and browning and mix well.
5. Scrape mixture into a greased 10 inch baking tin.
6. Bake in a preheated oven 350F or 180 degrees C for 1 1/2 - 1 3/4 hours.

Note: 5 pounds sweet potato will yield 12 cups when grated.






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OATMEAL

malta™ OATMEAL

INGREDIENTS

- » 1/2 cup oats
- » 1/4 tsp salt
- » 1 Vanilla Malta
- » 1/4 cup water or additional milk of choice
- » 1 large banana, mashed or sliced
- » 1/4 tsp cinnamon (optional)
- » Crushed nuts, mini chocolate chips, shredded coconut, etc. (optional)
- » Sweetener of choice, if needed.

INSTRUCTIONS

1. Combine all ingredients in a small pot.
2. Bring to a boil over medium heat. Once boiling, stir only occasionally to prevent sticking or boiling over.
3. It will eventually thicken. Sweeten as desired.
4. Add your favorite toppings.
5. Serve hot, or refrigerate overnight and serve either hot or cold the next day.





 **malta**TM
VANILLA PANCAKES

malta™ VANILLA PANCAKE

INGREDIENTS

- » 2 and half cups Pancake mix of choice
- » 3 cups Vanilla Malta

INSTRUCTIONS

1. Combine all the ingredients in a bowl to make the batter.
2. Heat two 6-inch nonstick skillet over medium heat. Spray each with cooking spray, then add ½ cup of batter to each pan. Let cook until small bubbles appear on the surfaces of the pancakes and the bottoms are golden brown, 1½ to 2 minutes.
3. Carefully flip each pancake and let cook until puffed and golden on the bottoms, 2 minutes more. Transfer to a plate and continue until you've used up all the batter. You should have 16 pancakes.
4. Plate and garnish with fruits and syrup of your choosing.





 **malta**TM
MALTA POWDER SHAKE

malta™

MALTA POWER SHAKE

INGREDIENTS

- » 2 large bananas
- » 1/2 cup oats
- » 1/2 cup peanuts
- » 1 bottle original malta
- » 1/8 nutmeg
- » 1 tsp vanilla extract

INSTRUCTIONS

1. Add all ingredients into a blender.
2. Blend until smooth.
3. If you find your shake is too thick, you can always add some more Malta, little by little, to the blender.





 **malta**TM
CHOCO-MALTA SHAKE

malta™

CHOCO-MALTA SHAKE

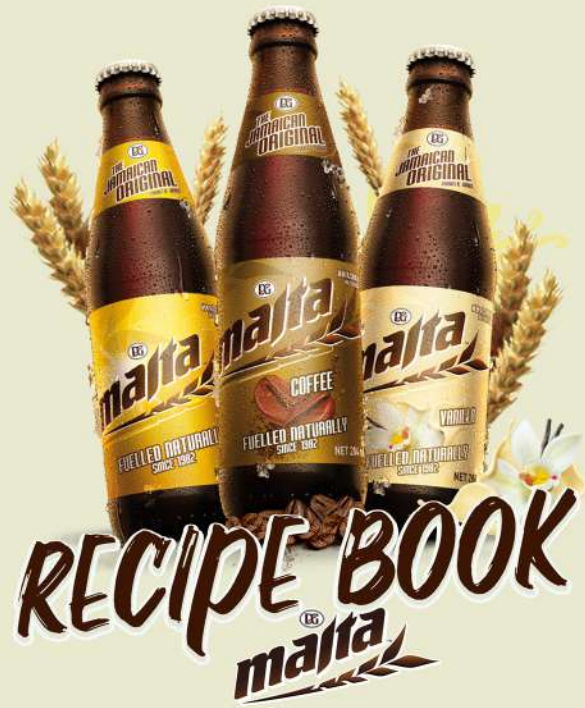
INGREDIENTS

- » 1 large banana
- » 1 cup Chocolate Almond Milk
- » 1 Cup Oats
- » 1 Bottle Coffee Malta
- » 1/8 tsp Nutmeg

INSTRUCTIONS

1. Add all ingredients into a blender.
2. Blend until smooth.
3. If you find your shake is too thick, you can always add some more almond milk or Malta, little by little, to the blender.





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