

Malt or Shake

Hints:

1. This works for either Malts or Shakes. I like Malts so this recipe is for Malts.
2. I like a lot of Malt flavor so I increased the recipe to add extra Malt.
3. This recipe works for any flavor of premium ice cream.
4. I like Blue Bell ice cream so for this recipe I use Blue Bell ice cream.
5. For chocolate malts I use vanilla ice cream and Ovaltine. Some people use chocolate ice cream without the Ovaltine. The best chocolate, I like milk chocolate over dark chocolate.
6. The blender I use has a plunger that does not hit the blades. This is used to blend the ice cream, making it extra thick. A spoon could be used but turn the blender off first.
7. Sidecar has a scoop of ice cream in the bottom of cup or glass before Malt or Shake is poured in.
8. Malt - I use Carnation Malt made by Nestlé.
9. Milk – Use premium whole or 2% milk. I use Shamrock Farms.
10. Whipping Cream – any premium whipping cream will work. I use Land-O- Lakes.
11. Scoops – 10 small/medium scoops of ice cream or 8 large scoops of ice cream. Scoops will vary with hardness of the ice cream. The harder the ice cream, the smaller the scoops.
12. Change recipe to taste.

This recipe makes 2 cups of malts or 1 big glass of malt.

Ingredients:

- Ice Cream (8 scoops of Blue Bell Homemade Vanilla).
- Ovaltine (3 table spoons)
- Malt (4 table spoons)
- Milk (1/3 cup)
- Sidecar (optional)
- Whipped Cream (optional)

Mix ingredients in a blender.

Add 1 scoop of ice cream in cup or glass for sidecar (optional).

Pour contents of blender in 2 cups or 1 large glass.

Pour in on-top whipped cream (optional).

Serve with straw and spoon.

Mike