



Maltodextrin Powder

INGREDIENTS

- 15ml olive oil (or peanut butter, melted chocolate, Nutella, avocado, etc)
- 45g maltodextrin powder
- 1/8 tsp Salt



Serves: 2



Prep Time: 5 min



Cooking Time: 0 min

METHOD

1. Place maltodextrin in a bowl and add the olive oil and salt.
2. Stir well with a spoon until all the base is absorbed and the whole mix resembles fine soil.
3. Store in an airtight container or use straight away.

Pro tips: this recipe works great when maltodextrin is mixed with anything that has a high fat content.



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