



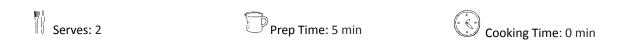




Maltodextrin Powder

INGREDIENTS

- 15ml olive oil (or peanut butter, melted chocolate, Nutella, avocado, etc)
- 45g maltodextrin powder
- 1/4 tsp Salt



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.













