DELICIOUS AND NOURISHING RECIPES

For the use of

HORLICK'S

The Original

MALTED MILK

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HORLICK'S Malted Milk Corporation
Racine, Wisconsin

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**Recipes for the sick and the convalescent**

The empty Horlick's Malted Milk bottle, with cover screwed on, makes an excellent shaker. The shaker, Speedy Mixer, egg-beater or other mixer may be used instead in the following recipes:

**Horlick's Malted Milk, Plain or Chocolate**

1 cup hot or cold water; Horlick's Malted Milk natural or chocolate flavor, 1 cup or 2 heaping tablespoons (3 to 6 heaping teaspoons), more or less to suit the taste. Mix thoroughly and serve. A cupful, hot, upon retiring, invites sound, refreshing sleep.

**Horlick's Malted Milk Shake (with various flavors)**

Plain milk one cupful; Horlick's Malted Milk 2 to 4 heaping tablespoons; vanilla extract sufficient to flavor. Or a tempting "Malted Special!" may be made by adding your favorite flavor—chocolate syrup, maple, coffee or any fruit syrup.

**Horlick's Malted Milk with Orange Juice**

Mix or put into a shaker 1 cup of whole milk, 1 heaping tablespoon (3 heaping teaspoons) Horlick's Malted Milk, two tablespoons of orange syrup, (made by boiling together for 5 minutes equal quantities of orange juice and sugar). Mix or shake until perfectly blended and chill.

**Horlick's Malted Milk with Cocoa**

One heaping tablespoon (3 heaping teaspoons) Horlick's Malted Milk, ¾ cup milk (hot or cold), 1 tablespoon cocoa, 3 tablespoons water, 1 tablespoon sugar, and speck of salt. Add Horlick's Malted Milk to the cooled cocoa mixture (which is made by mixing the sugar with the cocoa and water) over a moderate fire. Add the milk and beat vigorously. Serve hot or cold.

**Horlick's Malted Milk toast**

Pour a cup of Horlick's Malted Milk, natural flavor, made by dissolving at least two heaping tablespoons (6 teaspoons) of Malted Milk powder over two pieces of toast, and let stand on the back of the stove for fifteen or twenty minutes. Zweigle can be used instead of the toast. Serve hot.

**Horlick's Malted Milk Prune Whip**

One cup of prunes, 2 tablespoons Horlick's Malted Milk, one tablespoon sugar, 2 cups sugar, 1 cup water. Wash the prunes well and soak until tender. Cook with small piece of lemon until soft, remove stones through colander, and add sugar. Add Horlick's Malted Milk, beat well, add the white of egg well beaten, cool and serve with whipped cream. Flavor with vanilla, if desired.

**Horlick's Malted Milk with Egg**

Eggs 1 or 2; cracked ice, if desired; cold water; 1 cup, Horlick's Malted Milk, one tablespoon sugar, 2 cups sugar, 1 cup water; pinch of salt. Beat together rather slowly until a soft ball is formed when dropped in cold water. Stir in 1 tablespoon butter, let cool, and beat until it begins to set. Raisins or nuts may be added.

**Horlick's Malted Milk with Orange and Malted Milk**

Top with whipped cream, if desired. If chocolate flavor is desired, use Horlick's Chocolate Malted Milk and chocolate ice cream.

**Horlick's Malted Milk with Egg and Malted Milk**

Eggs 1 or 2; cracked ice, if desired; water; one cup, Horlick's Malted Milk, one tablespoon sugar, 2 cups sugar, 1 cup water; pinch of salt. Mix thoroughly, strain and serve sprinkled with nutmeg.

**Horlick's Malted Milk Shake (with various flavors)**

Pour a cup of Horlick's Malted Milk, natural flavor, made by dissolving at least two heaping tablespoons (6 teaspoons) of Malted Milk powder over two pieces of toast, and let stand on the back of the stove for fifteen or twenty minutes. Zweigle can be used instead of the toast. Serve hot.

**Horlick's Malted Milk Fluff**

Mix 4 heaping tablespoons of Horlick's Malted Milk with 1 quart milk and 2 tablespoons (1 pint ice cream flavor or any desired flavor), mixing or shaking until creamy. Top with whipped cream, if desired. If chocolate flavor is preferred, use Horlick's Chocolate Malted Milk and chocolate ice cream.

**Horlick's Malted Milk with Egg**

Eggs 1 or 2; cracked ice, if desired; cold water; 1 cup, Horlick's Malted Milk, one tablespoon sugar, 2 cups sugar, 1 cup water; pinch of salt. Mix thoroughly, strain and serve sprinkled with nutmeg.

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**Horlick's Malted Milk Ice Cream**

Horlick's Malted Milk one pound, granulated sugar ¾ pound, or more according to taste, water three quarts, essence of vanilla two ounces, Horlick's Malted Milk two ounces, gelatin one ounce (or the white of two eggs). Mix the Horlick's Malted Milk, sugar and water, stirring until dissolved. Add the vanilla and melted chocolate. Freeze in usual manner in an ice cream freezer. If strawberry, coffee or other flavor is desired, it may be used in place of vanilla or chocolate. This recipe makes one gallon.

**Horlick's Malted Milk Fudge**

4 tablespoons Horlick's Malted Milk Natural Flavor, dissolved in a little warm water.

2 cups sugar
2½ tablespoons cocoa (or 2 squares of bitter chocolate)
¼ cup water
pinch of salt.

Beat together rather slowly until a soft ball is formed when dropped in cold water. Stir in 1 tablespoon butter, let cool, and beat until it begins to set. Raisins or nuts may be added.

**Horlick's Chocolate Bonbons**

One cup seeded dates, ground
One cup raisins, ground
One cup graham nuts, ground
One cup Horlick's Chocolate Malted Milk
Blend all into a dough, uncooked. Form into bonbons and roll in grated coconut. These are delicious and most wholesome, so can be eaten freely by young and old.

**Horlick's Chocolate Whipped Cream**

Mix 4 heaping tablespoons of Horlick's Malted Milk with 1 quart milk and 2 tablespoons (1 pint ice cream flavor or any desired flavor), mixing or shaking until creamy. Top with whipped cream, if desired. If chocolate flavor is preferred, use Horlick's Chocolate Malted Milk and chocolate ice cream.

**Horlick's Chocolate Sundae**

Sprinkle a tablespoon of Horlick's Malted Milk (natural or chocolate flavor) over each serving of ice cream. Add chopped nuts and whipped cream, if desired.

**Horlick's Chocolate Cream**

Horlick's Malted Milk one pound, granulated sugar ¾ pound, or more according to taste, water three quarts, essence of vanilla two ounces, Horlick's Malted Milk two ounces, gelatin one ounce (or the white of two eggs). Mix the Horlick's Malted Milk, sugar and water, stirring until dissolved. Add the vanilla and melted chocolate. Freeze in usual manner in an ice cream freezer. If strawberry, coffee or other flavor is desired, it may be used in place of vanilla or chocolate. This recipe makes one gallon.

**Horlick's Malted Milk Fudge**

4 tablespoons Horlick's Malted Milk Natural Flavor, dissolved in a little warm water.

2 cups sugar
2½ tablespoons cocoa (or 2 squares of bitter chocolate)
¼ cup water
pinch of salt.

Beat together rather slowly until a soft ball is formed when dropped in cold water. Stir in 1 tablespoon butter, let cool, and beat until it begins to set. Raisins or nuts may be added.

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Mix 4 heaping tablespoons of Horlick's Malted Milk with 1 quart milk and 2 tablespoons (1 pint ice cream flavor or any desired flavor), mixing or shaking until creamy. Top with whipped cream, if desired. If chocolate flavor is preferred, use Horlick's Chocolate Malted Milk and chocolate ice cream.

**Horlick's Chocolate Sundae**

Sprinkle a tablespoon of Horlick's Malted Milk (natural or chocolate flavor) over each serving of ice cream. Add chopped nuts and whipped cream, if desired.
Horlick's Malted Milk Chocolate Cake

Cream ½ cup shortening, add 1 cup sugar and 1 cup Horlick’s Malted Milk and ¾ cup cocoa. Cream well. Add 3 well beaten eggs.

Sift together:
2 cups Cake Flour, 2½ tsp. baking powder
1 tsp. salt
¾ cup sugar.

Add to first mixture, alternating with ¾ cup milk. Pour into well greased floured pans. Bake 30 minutes in 350°F oven.

Icing (Uncooked)


Horlick’s Malted Milk Chocolate Bread Pudding

2 cups milk
2 eggs, slightly beaten
2 tbsp. Horlick’s Malted Milk Salt
1 square bitter chocolate
1 tablespoon melted butter
Scald milk, add bread crumbs, and let stand for half an hour. To the beaten eggs add sugar mixed with malted milk and a speck of salt. Melt chocolate, add ½ cup of milk-crumb mixture, and stir until smooth. Add remainder of milk-crumble mixture and the egg mixture and melted butter. Pour into greased muffin pans, and bake in a hot oven, 400 degrees, about 25 minutes. (Makes 12 medium sized muffins.)

Horlick’s Malted Milk Soups

1 teaspoon finely chopped onion
1 teaspoon chopped parsley
2 tablespoons butter
2 tablespoons flour
⅛ teaspoon salt
Pepper to taste
4 tablespoons Horlick’s Malted Milk
2 cups milk.

Cook onion in butter 2 minutes. Add flour, salt, pepper, and Malted Milk. Mix well. Add milk, and cook until mixture boils, stirring constantly, then add chopped parsley. (Serves 4).

From this basic recipe you can make tomato soup, potato soup or clam soup, preparing the foundation as directed above, then, just before you serve, adding ½ cup cooked tomato, asparagus or celery, riced potatoes, oysters or clam juice.

Horlick’s Malted Milk Muffins

2 cups flour
1 tablespoon sugar
4 tbsp. Horlick’s Malted Milk
2 teaspoons baking powder or ¼ of cream of tartar baking powder
⅜ teaspoon salt
2 eggs
1 cup of water or milk
3 tablespoons melted butter.

Measure and sift flour, Malted Milk, baking powder and salt. Beat eggs well, and to them add the water or milk. Add this to the dry ingredients, with the melted butter. Beat well. Pour into greased muffin pans, and bake in a hot oven, 400 degrees, until firm. (Serves 5).

Horlick’s Malted Milk Custard

(Malted Milk gives a custard a richer texture, almost as if made with cream.)

5 eggs
¾ cup sugar
4 tbsp. Horlick’s Malted Milk
4 cups milk

Sprinkle of salt
1 teaspoon vanilla

Beat the eggs slightly, add sugar and Malted Milk. Continue beating until well mixed. Add milk, salt and vanilla. Pour into greased custard cups or baking dish. Set in pan of warm water and bake at 325°F. until firm.

Horlick’s Malted Milk Nut Oatmeal Cookies

⅔ c. shortening
2½ c. chopped nuts
1 t. granulated sugar
1 egg

4 tbsp. milk
¾ t. sugar
1¼ c. rolled oats
¾ t. nutmeg
1½ c. chopped seedless raisins
½ t. cloves

Cream shortening, add sugar, well-beaten egg, milk, rolled oats, raisins and nutmeats. Measure and sift together, the flour, Malted Milk, soda, and spices, and add to the rolled oats mixture. Beat thoroughly. Drop by teaspoonfuls 1½ in. apart on a greased baking sheet and bake in a moderate oven of 375°F. for 15 min.

Horlick’s Malted Milk Brownies

2 eggs, well-beaten
⅓ c. melted butter or margarine
⅓ c. Horlick’s Malted Milk
⅓ c. cocoa
¾ t. salt
⅓ c. brown sugar
⅔ t. vanilla
⅓ c. pastry flour
⅓ c. chopped walnut meats

1 tsp. tartrate or phosphate baking powder or ½ tsp. combination type baking powder.

Mix ingredients in order given. Beat the eggs well. Then add the melted butter and brown sugar and blend. Measure and sift together the flour, baking powder, Malted Milk, cocoa, and salt. Add gradually to the egg mixture while stirring. Then add the vanilla and chopped nutmeats. Line an 8 in. cake tin with waxed paper and spread the mixture evenly in the pan. Bake in a slow oven of 350°F. for 30 min. As soon as taken from pan, remove paper, and cut cake in strips, using a sharp knife. Makes 12 large brownies.