Recipes

FOR DELICIOUS DISHES PREPARED WITH

MALTEx

VERMONT’S FAMOUS BREAKFAST CEREAL
For a delicious breakfast cereal, cook Maltex according to directions on the package.

**MEAT LOAF**

1 pound beef, raw, ground
1/4 cup Maltex Cereal, uncooked
1/2 teaspoon salt
4 teaspoons baking powder
1 cup milk
1 egg

Mix ingredients in order given. Bake 15 to 20 minutes in hot oven.

**GRIDDLE CAKES**

1 cup flour
21/2 teaspoons baking powder
2 tablespoons sugar
1/2 teaspoon salt
1 cup cooked Maltex Cereal
1 egg


**NEW ENGLAND TREAT**

3 cups cooked Maltex Cereal
3 large apples
11/2 pounds link sausages
Pure Vermont Maple Syrup

Pack cooked Maltex Cereal in loaf pan. When cold, slice and dip in uncooked Maltex Cereal. Fry with sausages and sections of apples in sausage fat. Arrange on platter and garnish with parsley. Pour Vermont maple syrup over the fried Maltex Cereal.

**COFFEE CAKE**

1 1/2 cups flour
4 teaspoons baking powder
1/2 cup Maltex Cereal, uncooked
1 egg
1 cup milk
1 cup sugar
2 tablespoons melted shortening

Mix dry ingredients in a bowl, break in egg, add milk, mix well. Add shortening. Place in greased shallow pan. Spread top with mixture of cinnamon and sugar, using 3 parts sugar to 1 of cinnamon. Spread melted butter over this and dot with chopped nut meats. Bake 20 minutes in moderate oven. Cut in squares to serve.

**DATE BREAD**

1 cup dates
1 1/2 cups boiling water
1 cup Maltex Cereal, uncooked
11/2 cups flour
1 egg, beaten
2 teaspoons soda
1 teaspoon salt
1 tablespoon melted shortening

Pour boiling water over chopped dates and Maltex Cereal. Let stand 20 minutes. Add sugar, eggs, flour mixed and sifted with soda and salt, and shortening. Mix well, place in buttered bread tin and bake 45-50 minutes in moderate oven. Nuts may be added to this mixture if desired.

**BUTTERSCOTCH PUDDING**

1/4 cup Maltex Cereal, uncooked
2 cups boiling water
1 1/4 cups brown sugar
1 cup milk
1/4 teaspoon salt
4 tablespoons melted butter
1 egg, slightly beaten
1 teaspoon vanilla

Cook Maltex Cereal in boiling water. When thoroughly cooked, add other ingredients and mix well. Pour into custard cups and bake in pan of hot water until set. Serve with thin or whipped cream.

**MUFFINS**

1 1/4 cups flour
1/4 cup Maltex Cereal, uncooked
1/2 teaspoon salt
4 teaspoons baking powder
2 tablespoons sugar
3 tablespoons melted shortening
1 egg
1 cup milk

Mix ingredients thoroughly, pack in well oiled loaf pan. Spread the top with butter and bake in moderate oven for 1 hour. Serve hot or cold. Tomato or mushroom sauce or brown gravy may be poured over the hot loaf. This slices well.
is a subject uppermost in the minds of everyone just now. Equally as important as guns and planes is the matter of building strong, sound bodies.

Maltex Cereal made from Toasted Wheat and Malted Barley, and served with whole milk, is a breakfast treat for young and old alike because of its delicious flavor and high food value.

An average serving (one ounce) of dry Maltex Cereal cooked in four ounces of boiling water fills a four inch sauce dish one inch deep. When you pour one fourth cup of whole milk over this and set it before a member of your family, here is some of the body building material you are offering him:

- **Carbohydrate—26 grams** —for energy to work and play
- **Protein—7 grams** —for building and repairing body tissues
- **Calcium—0.09 gram** —for building bones and teeth
- **Phosphorus—1.35 grams** —for making red blood
- **Iron—1.15 milligrams** —for preventing infections of eye, ear, nose, throat and lung
- **Vitamin A—66 International Units** —for promoting good digestion, regulating nerves and improving morale
- **Vitamin B1—62 International Units**

And the family won’t just sit and look at this “dish of nutritive elements.” They’ll eat Maltex to the very last morsel because it tastes good.
T HIS delightfully different cereal is an economical food. When you buy the full size box shown above it costs less than a cent per serving.

Because of its rich, full-bodied flavor, Maltex also makes delicious Muffins, Waffles, Griddle Cakes and Cookies. Just try some of the special Recipes on the inside pages of this leaflet and see for yourself!

THE MALTEX COMPANY
BURLINGTON, VERMONT