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Medium Peanut Butter Caramel Pie Malt

This medium peanut butter caramel pie malt is a delicious and indulgent dessert drink. It combines the rich flavors of peanut butter, caramel, and pie crust with a creamy malt base. It's perfect for satisfying your sweet tooth and enjoying as a special treat.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 500 grams

Number of Servings: 1

Serving Size: 500 g

Ingredients

50 g	Peanut Butter
30 g	caramel sauce
100 g	Pie Crust
30 g	malt powder

400 ml milk

Directions

Step 1

Blender

Add peanut butter, caramel sauce, pie crust, malt powder, and milk to a blender.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Blender

Blend until smooth and creamy.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Pour into a glass and serve.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 800 kcal

Fat: 25 g

Protein: 20 g

Carbohydrates: 100 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	100 g	181.82%	200%
Fibers	5 g	13.16%	20%
Sugars	60 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	15 g	68.18%	88.24%
Fat	25 g	89.29%	100%
Cholesterol	30 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	500 iu	55.56%	71.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	5 mg	33.33%	33.33%
Vitamin D	3 mcg	20%	20%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	400 mg	40%	40%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	4 mg	50%	22.22%
Potassium	600 mg	17.65%	23.08%
Zinc	2 mg	18.18%	25%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Events

Christmas Easter Birthday Back to School Picnic

Course

Desserts Drinks Salads Snacks Sauces & Dressings

Cultural

Chinese New Year

Cost

Under \$10

Demographics

Kids Friendly Teen Friendly

Diet

Vegetarian Diet Vegan Diet Pescatarian Diet Lacto-Vegetarian Diet

Lacto-Ovo Vegetarian Diet Gluten-Free Diet

Meal Type

Lunch Dinner Snack

Difficulty Level

Medium

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