



RECIPE INDEX

Page	Content
1	Malora Supalite Custard & Malora Supalite Jelly
2	Malora Supalite Tart & Supalite Banana Custard
3	Malora Supalite White Chocolate Mousse & Malora Supalite Strawberry Mousse
4	Malora Supalite Chocolate Mousse & Malora Supalite Chocolate Cream Puffs
5	Malora Supalite Vanilla Sponge & Malora Windsor Cake
6	Malora Supalite Ginger Pudding & Malora Supalite Banana Sponge
7	Supalite Cinnamon Apple Pudding & Malora Carrot Cake
8	Malora Supalite Malva Pudding & Malora Supalite Lemon Fridge Tart
9	Malora Sugar Free Pineapple Yoghurt Tart & Malora Sugar Free Stained Glass Jelly and Custard
10	Malora Supalite Breakfast Muffin & Malora Supalite Bran Muffin
11	Malora Supalite Spinach and Feta Muffin & Malora Supalite Cheese and Tomato Muffin
12	Malora Savoury Pancakes & Malora Cinnamon Pancakes
13	Malora Cheesy Corn Fritter & Malora Banana Blueberry Flapjacks
14	Malora Sweet Potato Waffles & Malora Spinach and Feta Waffles
15	Malora Strawberry and Chia Protein Smoothie & Malora Banana Protein Smoothie
16	Malora Peanut Butter Protein Smoothie & Malora Cinnamon and Oats Protein Smoothie
17	Malora Mixed Berry Protein Smoothie & Malora Pineapple and Mango Protein Smoothie
18	Malora Green Goodness Protein Smoothie & Malora Mango and Banana Protein Smoothie
19	Malora Peanut Butter & Banana Protein Smoothie & Malora Supalite Milk Tart





MALORA SUPALITE *Custard*

A smooth, creamy custard made with Malora Supalite for a light and delicious treat.



INGREDIENTS

- 1kg Malora Supalite Custard
- 12lt Water



METHOD

- 1 Add Custard to 1 lt of water and mix to a smooth paste
- 2 Add paste to 11lt of boiling water while stirring
- 3 Cook over low heat for 8 - 10 minutes while stirring

★ Please note that custard can be made with Malora medium fat whey dairy or milk for a creamier result if required.



MALORA SUPALITE JELLY

A light and refreshing jelly with a smooth custard topping. Perfect for any occasion.

INGREDIENTS

- 100g Malora Supalite Jelly
- 2lt Cold water
- 2lt Boiling water

METHOD

- 1 Add jelly to 2lt of boiling water and stir until dissolved
- 2 Add in cold water and stir
- 3 Allow to set in refrigerator



* Serve with Malora Supalite Custard



MALORA SUPALITE CRUSTLESS CHOCOLATE CUSTARD TART

A rich and creamy chocolate tart made with Malora Supalite Custard Powder. Simple, smooth and absolutely delicious.



INGREDIENTS

- 100g Cocoa Powder
- 1kg Malora Supalite Custard Powder
- 500g Cornflour
- 12lt Water



METHOD

- 1 Mix 1lt of water with custard, cocoa and cornflour to form a paste.
- 2 Heat remainder of water and add custard paste.
- 3 Bring to boil while stirring until custard is cooked.
- 4 Pour the mixture into a tart pan or rammicans and refrigerate until set.



TIP

For best results, chill for at least 2 hours before serving.



MALORA SUPALITE BANANA & CUSTARD

A creamy, comforting dessert made with ripe bananas and smooth custard.



INGREDIENTS

- 1kg Malora Supalite Custard
- 12lt Water
- 40 - 50 Large ripe bananas



METHOD

- 1 Add Custard to 1lt of water and mix to a smooth paste
- 2 Add paste to 11lt of boiling water while stirring
- 3 Cook over low heat for 8 - 10 minutes
- 4 Allow to cool
- 5 Slice bananas and add to custard

★ *Best served chilled. Delicious on its own or layered for a delightful treat.*



MALORA SUPALITE WHITE CHOCOLATE MOUSSE

A light, airy and indulgent mousse made with Malora Supalite White Chocolate.

INGREDIENTS



1kg Malora Supalite
White Chocolate



Mousse



2,5lt Cold water

METHOD

- 1 Mix mousse and water at low speed until powder is dissolved and mousse is smooth.
- 2 Whip at high speed for up to 10 minutes to achieve a firm aerated consistency.
- 3 Allow to set in refrigerator.



CHILL
Refrigerate
before serving



TIP
For best results, use
cold water and chill
before serving.



PREP TIME
15 minutes
CHILL TIME
2+ hours

Light • Creamy • Indulgent



MALORA SUPALITE STRAWBERRY MOUSSE

A light, fluffy and refreshing strawberry mousse made with Malora Supalite for a guilt-free indulgence.



INGREDIENTS

- 1kg Malora Supalite Strawberry Mousse
- 2,5lt Cold water



METHOD

- 1 Mix mousse and water at low speed until powder is dissolved and mousse is smooth.
- 2 Whip at high speed for up to 10 minutes to achieve a firm aerated consistency.
- 3 Allow to set in refrigerator.



Chef's Tip

Garnish with fresh strawberries or a swirl of whipped cream for an elegant finish.

LIGHT. FRUITY. IRRESISTIBLE.



MALORA SUPALITE *Chocolate Mousse*

INGREDIENTS

- 1kg Malora Supalite Chocolate Mousse
- 2,5lt Cold water



METHOD

- 1 Mix mousse and water at low speed until powder is dissolved and mousse is smooth.
- 2 Whip at high speed for up to 10 minutes to achieve a firm aerated consistency.
- 3 Allow to set in refrigerator.

PREP TIME
15 MINUTES

CHILL TIME
2+ HOURS

SERVES
15 - 20 PORTIONS

MALORA
• PREMIUM DESSERTS •



CHOCOLATE MOUSSE CREAM PUFFS

Light, airy puffs filled with smooth chocolate mousse.

INGREDIENTS

MOUSSE

- 500g Malora Supalite Chocolate Mousse
- 1.25ltr Cold Water

CREAM PUFFS

- 120ml Milk
- 120ml Water
- 3/4 teaspoon salt
- 115g butter
- 120g flour
- 4 eggs

METHOD

1. Mix mousse and water at low speed until powder is dissolved and mousse smooth.
2. Whip at high speed for up to 10 minutes to achieve a firm aerated consistency.
3. Allow to set in refrigerator.
4. Preheat oven to 220°C.
5. In a pot, bring water, milk and butter to a boil.
6. Stir in flour and salt till the mixture forms a ball.
7. Transfer the mixture to a bowl and add in eggs 1 at a time while whisking.
8. Pipe onto parchment paper and bake for 20 to 25 minutes until golden brown.
9. Allow to cool, cut and pipe in chilled mousse.



Tip: For best results, serve chilled.





MALORA SUPALITE *Vanilla Sponge*

A light, fluffy and delicious vanilla sponge made with Malora Supalite for the perfect texture and taste.



INGREDIENTS

- 1kg Malora Supalite Sponge
- 60ml Oil
- 500ml Water
- 4 Eggs (Optional)



* SERVE WITH
MALORA SUPALITE CUSTARD



METHOD

- 1 Mix water and oil to sponge mix until smooth. Do not overmix
- 2 Pour into well greased baking tray and bake at 180°C for 20 – 25 minutes until golden brown and cooked through



TIP

For best results, do not overmix the batter and ensure your oven is preheated.



MALORA WINDSOR CAKE

A classic rich and moist cake loaded with glazed cherries, mixed fruits, and warm spices.



INGREDIENTS

- 1kg Malora supalite sponge mix
- 80ml Vegetable Oil
- 5g Bicarbonate of Soda
- 4 Eggs
- 100g Unsweetened Glazed Cherries
- 500 ml Water
- 50ml Cherry Essence or Juice from Cherries
- 100g Mixed Dried Currents and Fruit Peel
- Zest of 1 Lemon
- 1g Ground Cinnamon



METHOD

1. Add water, eggs, cherry essence and oil to sponge mix. Whisk until smooth.
2. Add glazed cherries, mixed currants and peels, ground cinnamon and zest to mixture and fold in.
3. Bake in oven at 180°C for 20–25 minutes.
4. When done, remove and allow to cool.
5. Enjoy your delicious Malora Windsor Cake!



MALORA SUPALITE *Ginger Pudding*

A warm, comforting pudding made with Malora Supalite Sponge, infused with ginger and cinnamon, and served with creamy custard.



INGREDIENTS

- 1kg Malora Supalite Sponge
- 500ml water
- 60ml oil
- 10g Malora ground ginger
- 4g Malora ground cinnamon
- 4 Eggs (Optional)

★ Serve with
Malora Supalite Custard



METHOD

- 1 Add ginger, cinnamon, oil & water to sponge.
- 2 Mix well and pour into well greased baking tray and bake at 180°C for 20 – 25 minutes until golden brown and cooked through.



TIP:

For best results, ensure the tray is well greased and the pudding is cooked until a skewer inserted in the centre comes out clean.

♡ Warm, Spiced & Perfectly Comforting ♡



MALORA SUPALITE **BANANA SPONGE**

A light, moist and fluffy banana sponge made with Malora Supalite for the perfect texture every time.



INGREDIENTS

- 1kg Malora Supalite Sponge (for 60ml Oil)
- 60ml Oil
- 500ml Water
- 4g Bicarb of soda
- 20g Margerine
- 8 Ripe bananas



METHOD

- 1 Dissolve bicarb in water.
- 2 Crush bananas to a fine pulp.
- 3 Add water, oil and margerine to sponge mix.
- 4 Mix well while folding in bananas.
- 5 Pour into a well greased baking tray and bake at 180C for 20 - 25 minutes until golden brown and cooked through.



* Serve with Malora Supalite Custard



MALORA SUPALITE CINNAMON APPLE PUDDING



★ INGREDIENTS ★

- 500g Malora Supalite Sponge
- 250ml Water
- 30ml Oil
- 2g Cinnamon Powder
- 150g Granny Smith Apples
- 15g Butter/Margerine

* Serve with
Malora Supalite Custard

★ METHOD ★

- 1 Steam apples until soft
- 2 Saute apples in butter and cinnamon
- 3 Mix water and oil to sponge mix until smooth
- 4 Be careful of over mixing
- 5 Place sauteed apples in bottom of a well greased baking dish
- 6 Pour over sponge mixture
- 7 Bake at 180C for 20 - 25 minutes

MALORA CARROT CAKE



INGREDIENTS

- 1kg Malora Supalite Sponge Mix
- 4 Eggs
- 80ml Vegetable Oil
- 500ml Water
- 5g Bicarbonate of Soda
- 15ml Vanilla Essence
- 2g Malora Ground Cinnamon
- 500g Grated Carrot

METHOD

1. Dissolve bicarbonate of soda in water
2. Add cinnamon to sponge and mix
3. Add water, essence, oil and eggs to the mixture and beat well
4. Fold carrots into mixture
5. Pour into well greased oven tray and bake at 180°C for 20–25 minutes or until cooked through





MALORA SUPALITE MALVA PUDDING

*A soft, moist Malva pudding
made lighter with Malora Supalite
and served with rich custard.*

INGREDIENTS

PUDDING

- 1kg Malora Supalite Sponge
- 500ml water
- 60ml oil
- 4 Eggs
- 60g Diabetic Jam

SAUCE

- 120g Butter
- 100g Suga Swop
- 500ml Low fat milk or
Malora Medium Fat whey
dairy blend

** Serve with Malora Supalite Custard*

METHOD

- 1 Whisk egg, oil and water together
- 2 Add sponge and jam, mix till smooth
- 3 Bake at 180°C for 20–25 minutes
- 4 Prepare sauce by boiling all ingredients in a pot
- 5 Pour over sponge once taken from oven
- 6 Serve with Malora Supalite Custard

*Simple ingredients,
heartwarming results.*

Malora Supalite *Lemon Fridge Tart*



INGREDIENTS

- 1kg Malora Supalite Fridge Tart Premix
- 5lt Boiling Water
- 40ml Lemon Essence
- Lemon zest for garnish



METHOD

- 1 Add Malora Fridge Tart to Boiling water
- 2 Whisk until smooth and allow to cool
- 3 Add in lemon essence and whisk until infused
- 4 Pour into base and refrigerate until set
- 5 Sprinkle with lemon zest and serve



NB: Sugar Free base options include Cream Crackers, Rice Cakes and Sugar Free Bran Biscuits



TIPS

- For extra zing, add a little extra lemon zest on top.
- Ensure tart is well chilled for best texture and flavor.
- Serve with a dollop of whipped cream or a few berries for a special touch.

*Light, zesty
and simply
delicious!*

CHILLED • ZESTY • EASY TO MAKE



MALORA SUGAR FREE PINEAPPLE YOGHURT TART



A light and refreshing no-bake tart made with creamy yoghurt, cottage cheese and pineapple jelly. Perfect for a healthy dessert or guilt-free treat.

INGREDIENTS

- 100g Malora Supalite Pineapple Jelly
- 3lt Pineapple Flavoured Low - Fat Yoghurt
- 2,5kg Smooth Low Fat Cottage Cheese
- 1,25lt of Boiling Water

METHOD

1. Dissolve jelly in 1,25lt of boiling water and allow to cool, but not set.
2. Mix yoghurt and cottage cheese and stir into jelly.
3. Pour into a pie dish or ramekins and refrigerate for 3 hours or overnight.
4. Serve with chilled fresh fruit.



MALORA SUGAR FREE STAINED GLASS JELLY AND CUSTARD

A colourful and refreshing dessert featuring sugar-free jelly cubes suspended in smooth, creamy custard.

INGREDIENTS

- 200g Malora Supalite Raspberry Jelly
- 200g of other Flavours of Malora Supalite Jelly
- 4lt Boiling Water (For Jelly)
- 4lt Cold Water (For Jelly)
- 85g Malora Supalite Custard
- 1lt Water (For Custard)
- 45g Fine Gelatin
- 100ml Boiling Water (For Gelatin)

METHOD

- 1 Mix jelly with water using 100g jelly to 1lt of boiling and 1lt of cold water. Stir until dissolved
- 2 Pour jelly into mould, allow to cool and then refrigerate
- 3 Add custard to 100ml of water and mix to a paste
- 4 Add custard paste to 900ml of boiling water while stirring
- 5 Cook over low heat for 8 - 10 minutes while stirring
- 6 Dissolve gelatin in boiling water and stir until resembling a syrup
- 7 Remove custard from heat and mix in gelatin mixture
- 8 Allow custard mixture to cool to room temperature
- 9 Once jelly is set place mould on a baking sheet, cut into strips and pack into shape.
- 10 Pour custard mixture into mold and refrigerate until set.
- 11 Place in freezer for 2 hours to make it easier to demould. Unmold and keep refrigerated until served



Light, colourful & delicious - perfect for any occasion!



MALORA SUPALITE BREAKFAST MUFFIN

INGREDIENTS

- 1kg Malora Supalite Bran Muffin Mix
- 200ml Oil – for muffin mix
- 1lt Water
- 20ml Oil for bacon
- 120g Diced mixed peppers
- 280g Bacon diced
- 4 Eggs

METHOD

1. Fry onion, bacon and peppers. Set aside to cool
2. Add water, oil and eggs to muffin mix
3. Fold through muffin mix until smooth while adding bacon mixture. Be careful not to over mix
4. Add mixture to well greased muffin tray
5. Bake at 180°C for 25 minutes or until cooked through

Hearty, wholesome muffins packed with flavour – perfect for a nutritious start to your day.



MALORA SUPALITE BRAN MUFFIN

Wholesome and delicious bran muffins made with Malora Supalite Bran Muffin Mix. Perfect for a healthy breakfast or snack.



INGREDIENTS

- 1kg Malora Supalite Bran Muffin Mix
- 200ml Oil
- 1lt Water
- 4 Eggs



METHOD

1. Add water, oil and eggs to muffin mix
2. Fold through muffin mix until smooth. Be careful not to over mix
3. Add mixture to well greased muffin tray
4. Bake at 180°C for 25 minutes or until cooked through



Baking Tip

For extra flavor, try adding a handful of raisins, nuts or seeds to the batter.

Enjoy your wholesome homemade muffins!

MALORA SUPALITE SPINACH AND FETA MUFFIN



PREP TIME
15 minutes



COOK TIME
25 minutes



SERVES
12 muffins



DIFFICULTY
Easy

INGREDIENTS

- 1kg Malora Supalite Bran Muffin Mix
- 200ml Oil – for muffin mix
- 1lt Water
- 20ml Oil for spinach
- 320g washed spinach
- 320g feta crumbled
- 4 Eggs



METHOD

- 1 Flash fry spinach. Set aside to cool
- 2 Add water, oil and eggs to muffin mix
- 3 Fold through muffin mix until smooth while adding spinach and feta
Be careful not to over mix
- 4 Add mixture to well greased muffin tray
- 5 Bake at 180°C for 25 minutes or until cooked through



TIP

Serve warm or at room temperature.
Perfect for lunchboxes, snacks, or a light meal.



MALORA SUPALITE CHEESE AND TOMATO MUFFIN

INGREDIENTS

- 1kg Malora Supalite Bran Muffin Mix
- 200ml Oil
- 1lt Water
- 4 Eggs
- 500g Grated cheese
- 200g Diced Cherry Tomatoes
- 4g Oregano

METHOD

1. Add all ingredients to muffin mix
2. Fold through muffin mix until smooth.
Be careful not to over mix
3. Add mixture to well greased muffin tray
4. Bake at 180C for 25 minutes or until cooked through



*Savory, cheesy, and full of flavour –
perfect warm or cold.*



MALORA

SAVOURY PANCAKES



Deliciously light and flavourful pancakes made with Malora Pancake Mix. Perfect for a savoury meal any time of day.

INGREDIENTS

- 1kg Malora Pancake Mix
- 2ltrs Water
- 120ml Oil

METHOD

1. Add all ingredients together
2. Whisk all ingredients to until smooth
3. Pre-heat a lightly oiled pan on medium.
4. Pour a ladle of pancake mix into the pan.
5. Tilt the pan to cover the bottom with pancake mix.
6. Fry until light brown at the bottom, flip and fry on the other side.
7. Serve with a savoury filling of your choice.



Try with sautéed mushrooms, spring onions, and a dash of creamy cheese for a delicious twist.

MALORA

CINNAMON PANCAKES



Light, soft, and delicately spiced pancakes with a touch of cinnamon. Perfect for breakfast or a sweet treat.



PREP TIME
10 mins



COOK TIME
15 mins



SERVES
4

INGREDIENTS

- 1kg Malora Pancake Mix
- 2 ltrs Water
- 120ml Oil
- 10g Cinnamon Powder

METHOD

1. Add all ingredients together.
2. Whisk all ingredients until smooth.
3. Pre-heat a lightly oiled pan on medium.
4. Pour a ladle of pancake mix into the pan.
5. Tilt the pan to cover the bottom with pancake mix.
6. Fry until light brown at the bottom, flip and fry on the other side.
7. Optional: Sprinkle with cinnamon sugar and roll.



TIP

For extra sweetness, serve with honey, maple syrup or fresh fruit.



MALORA CHEESY CORN FRITTERS

INGREDIENTS

- 1kg Malora Pancake Mix
- 1 ltrs Water
- 100ml Oil
- 350g Cooked Corn
- 20g Fresh Herbs
- 200g Cheddar Cheese



METHOD

- 1 Add all ingredients together
- 2 Whisk all ingredients until smooth.
- 3 Pre-heat a lightly oiled pan on medium.
- 4 Pour a ladle of mix into the pan and fry to golden brown



MALORA BANANA BLUEBERRY *Flapjacks*

Fluffy, fruity and delicious pancakes made with Malora Pancake Mix.

INGREDIENTS

- 1kg Malora Pancake Mix
- 1 ltr Water
- 100 ml Oil
- 5 g Cinnamon Powder
- 350 g Sliced Bananas
- 100 g Blueberries



METHOD

- 1 Add all ingredients together.
- 2 Whisk all ingredients except fresh fruit, until smooth.
- 3 Pre-heat a lightly oiled pan on medium.
- 4 Pour a ladle of mix into the pan.
- 5 Add sliced bananas and blueberries before flipping.
- 6 Fry until light brown at the bottom, flip and fry on the other side.



TIP

For extra flavour, drizzle with honey or maple syrup and top with more fresh fruit.



MALORA SWEET POTATO WAFFLES



INGREDIENTS

- 1kg Malora Pancake Mix
- 1ltrs Water
- 120ml Oil
- 450gr Boiled and Mashed Sweet Potato
- 5gr Cinnamon Ground



METHOD

- 1 Add all ingredients together.
- 2 Whisk all ingredients until smooth.
- 3 Pre-heat waffle machine.
- 4 Pour a ladle of mix into the machine.
- 5 Cook until golden brown.



Sweet, Warm & Wholesome

— A PERFECT START TO ANY DAY —



MALORA SPINACH & FETA WAFFLES

Savory, crispy waffles packed with spinach, feta, and wholesome Malora pancake mix — perfect for any meal.

SUGGESTED RECIPE



INGREDIENTS

- 1kg Malora Pancake Mix
- 1 ltr Water
- 100ml Oil
- 250g Raw Spinach (chopped)
- 150g Feta Crumble



METHOD

- 1 Add all ingredients together.
- 2 Whisk all ingredients and add crumbled feta last.
- 3 Pre-heat waffle machine.
- 4 Pour a ladle of mix into the machine.
- 5 Cook until golden brown.



Tip: Serve warm with a side salad, avocado, or your favorite dip for a delicious and nutritious meal.



MALORA STRAWBERRY AND CHIA PROTEIN *Smoothie*

Refreshing, nourishing and full of flavour!
Enjoy as a meal, snack or post-workout boost.

INGREDIENTS

- 30g Malora Smoothie Base
- 250ml Cold Whey Dairy Blend (mixed)
- 50g Strawberries – Fresh
- 1/4 tsp Chia + 50ml water
- 1g Mint – Fresh



METHOD

- 1 Add Chia to water
- 2 Add all ingredients together and blend on high for 5–8 minutes or until smooth

TIP

For an extra boost, add ice or frozen strawberries and enjoy a thicker, colder smoothie.



HIGH IN
PROTEIN



REAL
INGREDIENTS



NATURAL
ENERGY



GREAT
ANYTIME

Nourish your body. Love your day.



MALORA BANANA PROTEIN SMOOTHIE

A creamy, delicious, and protein-packed smoothie perfect for a quick breakfast or post-workout boost.



HIGH PROTEIN



5–8 MINUTES



HEALTHY &
NUTRITIOUS

INGREDIENTS

- 30g Malora Smoothie Base
- 250ml Cold Whey Dairy Blend (mixed)
- 1/2 a Banana
- Pinch of Cinnamon



METHOD

- 1 Add all ingredients together.
- 2 Blend on high for 5–8 minutes or until smooth.



NUTRITION HIGHLIGHTS



High
Protein



Low
Fat



Energy
Boost



TIP

Add a few ice cubes for an extra refreshing and creamy texture.

Fuel Your Body. Nourish Your Life



MALORA PEANUT BUTTER PROTEIN SMOOTHIE

A creamy, energizing smoothie packed with protein and healthy fats to fuel your day naturally.

INGREDIENTS

- ✓ 30g Malora Smoothie Base
- ✓ 250ml Cold Whey Dairy Blend (mixed)
- ✓ 10g Peanut Butter



HIGH PROTEIN



NATURAL INGREDIENTS



SUSTAINED ENERGY



DELICIOUS & CREAMY

METHOD

- 1 Add all ingredients together.
- 2 Blend on high for 5–8 minutes or until smooth.



MALORA CINNAMON AND OATS PROTEIN SMOOTHIE

A creamy, nourishing smoothie with Malora Smoothie Base, whey protein, cinnamon, and oats – perfect for energy and recovery.



INGREDIENTS

- 30g Malora Smoothie Base
- 250ml Cold Whey Dairy Blend (mixed)
- 1g Cinnamon
- 5g Instant oats

NUTRITION (Approx. per serving)

Calories	230 kcal
Protein	23 g
Carbohydrates	24 g
Fat	3 g
Fiber	2 g



TIPS

Adjust the thickness by adding more liquid for a thinner smoothie or more oats for a thicker texture.



METHOD

- 1 Add all ingredients together.
- 2 Blend on high for 5–8 minutes or until smooth and creamy.



WHY YOU'LL LOVE IT

- ✓ High in protein
- ✓ Rich in fiber
- ✓ Perfect for breakfast or post-workout
- ✓ Delicious cinnamon flavor

NOURISH • RECOVER • THRIVE

— Delicious & Nutritious —

MALORA MIXED BERRY PROTEIN SMOOTHIE

A creamy, refreshing blend of mixed berries, protein, and mint – perfect for a healthy start or post-workout boost.



INGREDIENTS

-  30g Malora Smoothie Base
-  250ml Cold Whey Dairy Blend (mixed)
-  25g Strawberries
-  25g Blueberries
-  1g Mint



Tip: For an extra chill, add a few ice cubes before blending.



METHOD

- 1 Add all ingredients together in a blender.
- 2 Blend on high for 5-8 minutes or until smooth and creamy.



Enjoy immediately for the best flavor and nutrition!



MALORA PINEAPPLE AND MANGO PROTEIN SMOOTHIE

A tropical, protein-packed smoothie made with Malora Smoothie Base, pineapple, mango, and whey protein. Perfect for a refreshing, healthy boost anytime!



INGREDIENTS

-  30g Malora Smoothie Base
-  250ml Cold Whey Dairy Blend (mixed)
-  25g Mango
-  25g Pineapple



METHOD

- 1 Add all ingredients together
- 2 Blend on high for 5–8 minutes or until smooth



HIGH PROTEIN



NATURAL INGREDIENTS



ENERGY BOOST



MALORA GREEN GOODNESS PROTEIN SMOOTHIE

NOURISHING • ENERGIZING • DELICIOUS



INGREDIENTS

- 30g Malora Smoothie Base
- 250ml Cold Whey Dairy Blend (mixed)
- 10g Spinach
- 1/2 a Kiwi fruit
- 40g Green apple



A refreshing, protein-packed smoothie to fuel your day.



METHOD

- 1 Add all ingredients together.
- 2 Blend on high for 5–8 minutes or until smooth.



MALORA MANGO AND BANANA PROTEIN SMOOTHIE

A creamy, tropical protein smoothie packed with fruity goodness and the power of whey.

INGREDIENTS

-  30g Malora Smoothie Base
-  250ml Cold Whey Dairy Blend (mixed)
-  40g Mango
-  1/4 Banana

METHOD

- 1 Add all ingredients together
- 2 Blend on high for 5 – 8 minutes or until smooth

Recipe of the Month: Peanut Butter & Banana Protein Smoothie

A simple, high-protein smoothie base that's rich, creamy, and ideal for liquid diets or a quick meal on the go.



INGREDIENTS (per 250 ml smoothie)

- 30 g protein smoothie base
- ½ banana
- 10 g smooth peanut butter
- 250 ml cold whey dairy or full cream milk
- Optional: a pinch of cinnamon for extra flavour



METHOD

1. Add all ingredients into a blender.
2. Blend thoroughly for 5–8 minutes until smooth and creamy.
3. Pour into a glass or bottle.
4. Refrigerate for a short while to allow it to cool and slightly thicken.
5. Serve chilled and enjoy.

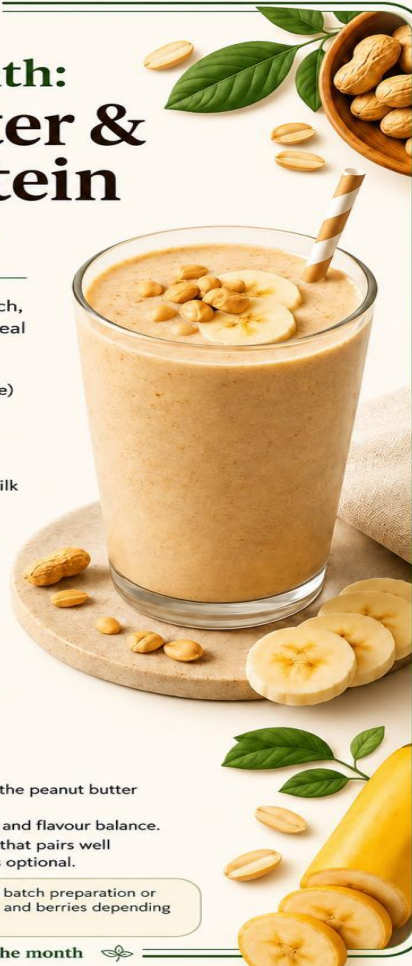


TIPS & NOTES

- The longer blend time helps fully emulsify the peanut butter for a smoother texture.
- Chilling after blending improves thickness and flavour balance.
- Cinnamon adds a warm, subtle spice note that pairs well with banana and peanut butter, however is optional.

Our versatile base can easily be scaled up for batch preparation or adjusted with alternatives such as oats, cocoa and berries depending on your nutritional requirements.

Malora recipe of the month



Malora Supalite Milk Tart

INGREDIENTS

- 1kg Malora Supalite Milk Tart Premix
- 5lt Water
- 250g Ground Cinnamon

METHOD

- Add Malora Supalite Milk Tart to water and whisk until smooth.
- Bring to the boil in a pot while stirring regularly.
- Allow to simmer for 10 – 15 minutes stirring occasionally.
- Cool, pour into base and refrigerate until set.
- Top liberally with ground cinnamon before serving.

NB Sugar free base options include Cream Crackers, Rice Cakes and Sugar Free Bran Biscuits.

