"Chocolate Malt Ice Cream Cake"

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Chocolate lovers delight, even the name makes you start to drool. Wonderfully rich, cool treat for hot summer days! Enjoy sparingly. Serves 16

Nutrition Facts

Serving Size 1 slice
Servings Per Container 16

Amount Per Serving	
Calories 480	Calories from Fat 180
	% Daily Value*
Total Fat 20g	**31%**
Saturated Fat 12g	**58%**
Cholesterol 85mg	**28%**
Sodium 350mg	**14%**
Total Carbohydrate 73g	**24%**
Dietary Fiber 2g	**10%**
Sugars 52g	
Protein 7g	

Vitamin A 40% • Vitamin C 30%
Calcium 15% • Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients:

1 package (18.25 oz) chocolate cake mix
1 cup malted milk powder, divided
1 1/3 cups water
3 eggs
1/2 cup softened butter
1/2 gallon chocolate ice cream*
1 bottle (16 oz.) hot fudge topping
1 cup malted milk balls, optional garnish**

Method:

Preheat oven to 350 degrees. Spray 2 non-stick 9" round cake pans non-stick spray; set aside.

Combine dry cake mix and 1/2 cup malted milk powder; stir with a whisk or beaters until mixed. Add water, eggs, and butter. Beat with electric mixer 30 seconds on low; scrape sides of bowl; increase to medium speed and beat 2 minutes longer. Spread evenly in prepared cake pans. Bake 35-40 minutes or until cooked (toothpick inserted in center of cake comes out clean).

Allow cake to stand 10 minutes, invert on wire rack to cool. Using string, knife or dental floss, slice each cake in half, making four layers. Freeze cake.

Line one 9" cake pan with foil or plastic wrap. Place 1 cake layer in prepared pan; sprinkle with approximately 3 tablespoons malted milk powder. Soften ice cream enough to spread; carefully spread 1/3 the ice cream over cake; place 2nd cake layer on top of ice cream, sprinkle with approximately 3 tablespoons malt powder, spread with 1/3 the ice cream; repeat until all ice cream has been spread. Top with remaining cake layer. Gently and evenly press each layer down settling it into the ice cream of the previous layer. Wrap and freeze until firm.

Remove cake from freezer and allow to thaw 10-20 minutes (a more even thaw occurs if ice cream cake is placed in refrigerator for a longer time – caution, do not melt or over thaw ice cream cake). Remove plastic wrap, cut into 16 slices, place 1 slice cake on individual serving plate; drizzle with hot fudge; sprinkle with optional crushed malted milk balls.

Notes:

* Try other flavors ice cream for nice variety. Avoid strong flavored ice creams, as they may over power the malt flavor in cake.
** Optional malted milk balls are not calculated in nutrition analysis. Place malted milk balls in heavy plastic bag and gently crush with a mallet or hammer.

For nutrition information go to www.UtahDairyCouncil.com