



GET SNACKING

with macadamias

AN E-RECIPE BOOK BY



**AUSTRALIAN
MACADAMIAS**



GET SNACKING

10 TEMPTING MACADAMIA RECIPES

A mid-morning moment. The 3pm slump. A small treat after dinner. Whatever your time of choice, snacks are a small, but welcome, highlight of the day.

The best snacks are those that are both tasty and nutritious, delivering the pleasure hit our brains crave, and the energy boost our bodies need. While busy lives can make it hard to stick to healthy habits, with just a little bit of preparation, it's easy to stock up on winning snacks that everyone loves.

As a nourishing wholefood, a handful of macadamias makes healthy snacking a breeze, and they're an amazing addition to other snacks as well. This collection brings together 10 inspirational snacking ideas, so you'll always have a tasty and nourishing snack ready to ward off pesky hunger pangs.

We hope you enjoy exploring this new collection and feel inspired to make macadamias part of your everyday snacking routine.

australian-macadamias.org

A close-up photograph of a wicker basket filled with several golden-brown, spiral-shaped scrolls. The scrolls are arranged in a cluster, with some showing a darker, caramelized top. The basket is made of light-colored wicker and has a handle visible on the left. In the background, a blue cloth is draped over a surface, and a green leafy vegetable is partially visible. The lighting is warm and soft, highlighting the texture of the scrolls and the basket.

MACADAMIA & VEGEMITE SCROLLS

RECIPE OVER PAGE

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MACADAMIA & VEGEMITE SCROLLS

These delicious scrolls feature the classic Aussie combo of Vegemite and cheese but it's the distinctive soft crunch of macadamias which really make them a guaranteed winner!



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Makes 10

500g plain bread flour plus ¼ cup for kneading and rolling

1 sachet dried yeast

1 teaspoon fine salt

325ml warm water

1 tablespoon olive oil

2 tablespoons vegemite, or to taste

2 cups (125g) tasty cheese, grated

¾ cup raw macadamias, chopped roughly

Combine the flour, yeast and salt in a large bowl. Make a well in the centre. Combine water and olive oil and pour into the well. Using a knife, stir together the water mixture with the flour mixture until it comes together and starts to form a ball.

Place the ball onto a lightly floured surface and knead for 10 minutes, adding more flour if the mixture is too sticky. Place the dough in a lightly oiled mixing bowl, cover with plastic wrap and stand in a warm place until doubled in size, about 1 hour.

Punch down the dough and place on a lightly floured surface. Use a rolling pin to roll the dough out to a 30cm square. Spread with Vegemite and sprinkle with cheese and macadamias.

Roll the dough into one long scroll and cut into 10 pieces. Place the pieces, cut side down onto a lightly oiled baking tray in a circular pattern, leaving at least 3cm between pieces for them to spread. Cover loosely with plastic wrap and place the tray in a warm place until pieces have doubled in size, about 1 hour.

Meanwhile, preheat oven to 180°C. Place tray in the oven and bake for 15-20 minutes, until golden. Serve warm or when cool.

3 INGREDIENT FUDGY MACADAMIA COOKIES

Makes about 12

These cookies are so good, you could mistake them for a chocolate and vanilla brownie! Macadamias pack these little morsels with healthy goodness and you can literally whip them up in minutes. Double the batch to have more on hand as they may not last long.

1 cup macadamias

5 Medjool dates, seeds removed, roughly chopped

2 tablespoons cacao powder

12 macadamia halves, extra

Preheat oven to 180°C. Line a baking sheet with baking paper.


Place the macadamias and dates in the bowl of a food processor and process until thoroughly combined. Remove approximately half the mixture and set aside. Add the cacao powder to the remaining half mixture in the food processor and process to combine.

Take one teaspoon of the cacao mixture and one teaspoon of the lighter mixture in your hand and pat together. Roll gently to combine and form a ball and place on the prepared tray. Press down slightly and place a macadamia half on top. Repeat with remaining mixture.

Bake for 5-7 minutes, until the base of the biscuit has just turned golden. Cool on the tray for 5 minutes before cooling completely on a wire rack.

EASY!

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These macadamias with their smoky, spicy kick certainly pack a punch! Perfect for beer and BBQ o'clock, you can tailor to your own taste by creating your own herb and spice combinations.

SPICED & SMOKED MACADAMIAS

Makes 2 cups

2 cups macadamias, whole

1 teaspoon Korean chilli powder, or any chilli powder

2 teaspoons maple syrup

2 teaspoons salt

4 teaspoons vegetable oil

1 tablespoon rosemary, finely chopped

1½ cups broken macadamia shells

Divide the macadamias evenly into 2 separate mixing bowls. To one, add the chilli powder, maple syrup, ¼ teaspoon of salt and 2 teaspoons of oil. Stir thoroughly to coat the macadamias with the mixture. To the second bowl of macadamias, stir through the rosemary, remaining salt and oil. Place all the macadamias, keeping the flavours separate, on a tray that can go on the BBQ – cast iron is ideal.

Preheat the BBQ to 250°C. Place a baking rack over the BBQ grill so that the tray will not come in direct contact with the grill (this will prevent them burning). Place the macadamia shells into a smoker box and close it. Place the smoker box into the BBQ and close the lid of the BBQ. Allow the macadamia shells to start smoking, about 15 minutes. Place the tray of macadamias into the BBQ and close the lid. Turn the BBQ down to about 150°C and let the macadamias cook slowly, stirring occasionally, for about 20 minutes. Turn the BBQ off and allow the macadamias to cool in the BBQ with the lid down for 20 minutes to increase the smoky flavour. Serve slightly warm or cool completely and store in an airtight container.

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GUT HEALTHY MACADAMIA, RASPBERRY & PAPAYA DRINK

Makes 1

Macadamia nuts enrich this drink with a protein punch as well as a slight creaminess while the papaya and raspberries soothe the stomach. Served over ice with a little bit of mint, this is an amazingly refreshing drink.

250g papaya, peeled & seeded (about ¼ of an average size papaya)

½ cup raspberries

1 tablespoon lime juice

5 macadamias

1-2 dates or good quality honey to taste

mint sprigs and lime slices to serve (if desired)

Place all ingredients in a blender and blend until smooth. Pour over ice and serve immediately, decorated with mint and lime slices, if desired.

HEALTHY

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MACADAMIA 'TO GO' BLISS BALLS & SLICE

Makes 12 of each

Next time you're packing macadamias for a snack on the go, try adding these as well. Free from refined sugar, full of protein and absolutely delicious, they're quick to make and will store and travel well. Healthy snacking made easy!

HEMP & MACADAMIA BLISS BALLS

½ cup macadamias

½ cup hemp seeds

2 tablespoons cacao powder

7 fresh dates, stones removed

DATE, MACADAMIA, SUNFLOWER & SESAME SLICE

250g pitted dried dates, chopped

2 tablespoons of ghee or butter

½ cup macadamias, finely chopped

¼ cup sunflower seeds

2 tablespoons sesame seeds

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MACADAMIA 'TO GO' BLISS BALLS & SLICE

For the hemp and macadamia bliss balls, place all ingredients into a blender and blend until smooth. Roll approximately one teaspoon of mixture into balls and refrigerate until ready to pack.

For the date, macadamia, sunflower and sesame slice, line the base of a 24cm x14cm loaf tin with baking paper. Place the chopped dates and ghee or butter in a saucepan and place over medium heat. Stir until the ghee or butter melts. Once the butter has melted, cover, reduce heat to low and cook, stirring occasionally for 10 minutes until mixture is soft and combined. Keep the lid on while not stirring.

Meanwhile, heat a heavy based pan over medium-high heat for 3-4 minutes. Add the macadamias, sunflower and sesame seeds and cook, stirring, until golden for about 4-5 minutes. Stir the macadamias and seeds into the date mixture and press into the prepared tin. Smooth down with the back of a spoon. Refrigerate until cold then chop into 3cm x 1cm rectangular pieces. Store in an airtight container in the fridge.

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SAVOURY MACADAMIA BUTTER

Makes 1 cup

Whip up this spicy macadamia butter to serve as the hero of a delicious savoury platter. When served alongside roasted pumpkin, roasted carrots, olives, feta cheese, tomatoes and fresh figs, this satisfying butter turns a platter into a delicious vegetarian feast!

1 cup macadamias

1 teaspoon lemon juice

2 tablespoons water, optional

2 tablespoons harissa paste

Place the macadamias and lemon juice into the bowl of a food processor and process to achieve a smooth nut butter consistency. If necessary, add a little water, a tablespoon at a time to create the desired consistency. Place the mixture in a serving bowl and stir in the harissa paste.

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CREAMY MAPLE MACADAMIA POPSICLES

Makes 4

The simple combination of macadamias, milk and maple syrup creates popsicles that remain creamy, like ice cream, when frozen. Super quick and easy to make, they're a healthy summer treat packed with the goodness of macadamias and free from refined sugar.

¾ cup macadamias

1 cup whole milk (we used dairy)

¼ cup maple syrup


Place all ingredients in the jug of a blender and blend until completely smooth. Transfer the mixture into a pouring jug and pour into 4 popsicle moulds where each mould is approximately ¼ cup. Add a wooden stick to each one and freeze until set, at least 4-6 hours.

tip

The dairy full cream milk keeps the popsicles creamy when frozen but you could try an alternative milk, like macadamia milk, if you prefer.

YUM

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**WHITE
CHOCOLATE
COVERED
MACADAMIA
BLISS BALLS
& WHOLE
MACADAMIAS**

RECIPE OVER PAGE

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WHITE CHOCOLATE COVERED MACADAMIA BLISS BALLS & WHOLE MACADAMIAS

To boost the gut health factor of this tasty snack we have added probiotics to the melted white chocolate covering for both the whole macadamias and macadamia bliss balls. Mixed together, these are a great grab-and-go treat that satisfy those sweet cravings without being too naughty.



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Makes 10

BLISS BALLS

½ cup macadamias, roughly chopped

8 fresh dates, seeds removed, roughly chopped

4 dried figs, roughly chopped

¼ cup dried strawberries (or replace with cranberries or chopped apricot)

¼ teaspoon rosewater (optional)

WHOLE MACADAMIAS


200g white chocolate

2 probiotic capsules, powder contents only (optional)

For the bliss balls, place all the ingredients into the bowl of a food processor and process until smooth and the mixture can form a ball. Roll heaped teaspoons of mixture into balls and set aside. Place the white chocolate into the top part of a double boiler and melt over a saucepan of simmering water. Remove from the heat and allow to cool slightly. Stir in the probiotic powder if desired. Place a wire rack on top of a sheet of baking paper. Using wooden skewers, roll each ball in the melted chocolate and place on the rack to set.

For the white chocolate macadamias, swirl whole nuts through the melted white chocolate and place on the wire rack to set.

Refrigerate in a covered container.



*Serve warmed,
toasted or topped
with yoghurt or
macadamia nut
butter and a
drizzle of honey.*

GUT FRIENDLY BANANA MACADAMIA BREAD

Healthy, sugar free, grain free banana bread with buttery and health promoting macadamias.

- 3 large free range eggs**
- 1 1/2 cups mashed overripe banana**
- 1 tbsp macadamia nut oil**
- 1 - 2 tbsp rice malt syrup or honey**
- 1 cup macadamias +**
- 1/2 cup macadamias , roughly chopped**
- 1 cup almond meal**
- 1 tsp baking powder**
- 1 tsp cinnamon**


Pre-heat your fan-forced oven to 175°C.

In a mixing bowl whisk eggs with mashed banana, macadamia oil and rice malt syrup. In a blender or food processor pulse 1 cup macadamia nuts to a ground nut meal consistency (some texture is ok). Add ground macadamias, almond meal, baking powder and cinnamon to wet mixture and combine. Stir through remaining macadamia nuts. Pour into a lined loaf tin and bake in oven for 40-45 minutes or until cooked through and lightly golden.

tips

Adjust sweetness to your liking by increasing or decreasing amount of natural sweetener (rice malt syrup). The recipe also works without any sweeter and just with the natural sweetness of banana.

Before baking top with crushed macadamia nuts or sliced banana.



Recipe by
nutritionist &
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Casey-Lee
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MACADAMIA TRAIL MIX

Makes 2½ cups

- 1 cup unsalted macadamias**
- 1 tablespoon maple syrup**
- 1/2 teaspoon ground cinnamon**
- 1 pinch cayenne pepper**
- 1/2 teaspoon sea salt**
- 1/3 cup dried apricots, halved**
- 1/3 cup dried pitted dates, halved**
- 1/4 cup pepitas**
- 1/4 cup chocolate coated goji berries**
- 1/4 cup chocolate coated berries**

Preheat oven to 180°C fan forced. Line a baking tray with non-stick baking paper.

In a bowl, combine the macadamias, maple syrup, cinnamon, cayenne pepper and salt. Spread the mixture onto the lined baking tray. Roast for 15 minutes or until golden brown, stirring half way through. Remove from the oven and scrape the macadamias into a large bowl. When they are cool, add the remaining ingredients and stir well. Store in an airtight container for up to 2 weeks.



ENERGY

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