

12 OF THE BEST MACADAMIA SLICES



AN E-RECIPE BOOK BY



AUSTRALIAN
MACADAMIAS



12 OF THE BEST MACADAMIA SLICES

From classic chocolate and coconut to more unusual combinations like macadamia, chocolate and raw mint, there is a slice recipe to suit every taste.

Throughout Australia, many of us grew up enjoying slices as a treat after school or as a sweet addition to family gatherings. Whether homemade or from the local bakery, the simplicity and familiarity of slices make them a comforting and satisfying snack that is often associated with happy memories and traditions.

They are also simple to create at home. Many recipes require only a few ingredients and can be made quickly without any complicated equipment or cooking techniques.

In this e-recipe book we have curated 12 different macadamia nut slice recipes that range from no-bake slices to tried and tested classics, as well as several delicious gluten-free ideas.

Each recipe is accompanied by a beautiful photo and a detailed list of ingredients and instructions.

These recipes are ideal for anyone looking for a sweet and nutty treat that is easy to make and perfect for sharing.

They are also a great way to incorporate macadamia nuts into your diet and enjoy their health benefits, such as their high levels of monounsaturated fats, fibre, and antioxidants.

Their simplicity, versatility, and nostalgic appeal make them a popular treat to both make and enjoy.

Happy creating!

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SERVINGS: 12 PIECES SKILL LEVEL: EASY

Farmer Wendy's macadamia slice

Macadamia farmer Wendy McClusky has shared her recipe for this yummy slice and says it pairs perfectly with a hot cup of tea and a good magazine.

Base

- 1 egg
- ½ cup caster sugar
- ⅓ cup vegetable oil
- ⅓ cup plain flour
- ¼ cup self raising flour

Topping

- 1 cup brown sugar
- 175 g butter
- 2 tbsp golden syrup
- 1 cup macadamia nuts
chopped roughly

Preheat the oven to 160°C, fan forced.

For the base, grease and line a slice pan with baking paper. Beat the egg and caster sugar until well combined. Add the oil and beat again.

Sift and combine the flours and gently fold into the wet mix.

Spread evenly in the prepared pan and bake for 20 minutes.

For the topping, place the brown sugar, butter and golden syrup in a saucepan and heat gently over a low heat for 5 minutes until the butter melts and the sugar dissolves.

Simmer for 10 minutes without stirring. Keep the heat low and watch it carefully as it can burn.

Add the macadamias and lightly stir to combine. Pour the mixture over the base, spreading evenly.

Bake in the oven for approximately 10 minutes or until golden brown.

Cool the slice in the pan before cutting into 12 slices.



No bake macadamia, lemon & coconut slice

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No bake macadamia, lemon & coconut slice



Recipe by nutritionist & naturopath Casey-Lee Lyons from Live Love Nourish.

A delicious, gluten free, no bake lemon slice created by Casey-Lee Lyons from Live Love Nourish. Passionate about helping others to live a healthier life, nutritionist, naturopath and recipe developer Casey-Lee Lyons shares nutrition tips and wholefood recipes that nourish from the inside out.

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SERVINGS: 12 PIECES SKILL LEVEL: MODERATE

Base

1 cup almond meal
1 cup desiccated coconut
½ cup coconut oil melted
¼ cup honey
2 lemons zest only
1 tsp vanilla extract
½ cup macadamias chopped
Pinch sea salt

Topping:

Macadamia nuts chopped, Desiccated coconut, Lemon zest

Lemon Custard Icing

1 ½ cup plant based milk
1 lemon zest
2 tbsp lemon juice
2 tsp vanilla extract
3 tbsp honey
3 tbsp custard powder
1 tbsp gelatin powder

To make the base, in a mixing bowl combine almond meal, desiccated coconut with coconut oil, honey, zest, vanilla and sea salt. Mix to combine well.

Stir through macadamia nuts.

Press base firmly into a lined small square slice tin and place in refrigerator to set.

Meanwhile, make the **lemon custard icing**. In a small saucepan whisk together milk, lemon juice, zest, vanilla and honey. Sprinkle in custard powder and whisk to combine.

Sprinkle over gelatin powder and allow to sit for 3 minutes to bloom.

Turn on heat low/medium. Whisk continuously until gelatin has dissolved and custard has thickened. Remove from heat.

Pour lemon custard over the base and sprinkle with chopped macadamia nuts, desiccated coconut and lemon zest. Place in fridge for 2 hours to set.

Once set, cut into bars. Store in fridge until ready to eat.



SERVINGS: 10 PIECES SKILL LEVEL: EASY



Chunky macadamia & fruit slice

Healthy and satisfying, this slice is the ideal take-anywhere snack. Take the full tray to meet up with friends, cut a piece or two to keep you going throughout the day or savour a slice in front of the TV after dinner. The generous macadamia pieces set among dried fruit is such a delicious and satiating combination, and perfect if you're avoiding refined sugar or dairy.

300g pitted dates roughly chopped

2 tbsp coconut oil

¾ cup macadamia nuts halved

¾ cup dried apricots about 100 grams

¾ cup small dried whole figs or large figs, halved about 100 grams

Line a 20cm x 10cm loaf tin with baking paper. Combine the dates and coconut oil in a medium saucepan or frying pan and stir over medium heat until the oil liquefies. Reduce the heat to low and cook, stirring occasionally for 10 minutes or until the dates are soft.

Remove from the heat and cool slightly or until it is not too hot to touch. Place in a bowl with the remaining ingredients and stir to combine. Use your hands to thoroughly combine the mixture and then press tightly into the prepared tin

Allow to cool completely in the tin before slicing to serve, or alternatively, just cut slices from the loaf-shaped block as you please.

Store in plastic wrap in the fridge for 2 -3 weeks.

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SERVINGS: 10 PIECES SKILL LEVEL: EASY

Macadamia, sultana and choc slice

When it comes to baking, it doesn't come much simpler than this, and with macadamias in the mix, you know the results will be special. Whip up a batch on the weekend and you've got lunchbox snacks sorted for the week.

2 cups self raising flour sifted
250g unsalted butter melted
½ cup macadamias chopped
1 ¼ cups brown sugar
2 eggs lightly beaten
200g milk chocolate chopped
1 cup sultanas
Icing sugar for dusting

Preheat oven to 180°C.

Lightly grease a 30cm x 20cm high side pan and line with baking paper.

In a large bowl combine all ingredients.

Spoon into pan and smooth the surface with a spatula.

Bake for 25-30 minutes.

Allow to cool in the pan and then cut into slices on a chopping board.

To serve, dust with icing sugar.

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Raw macadamia mint slice

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Raw macadamia mint slice

If you are a mint slice fan, these are healthy heaven! They take a little time to make but they're well worth the effort. With this slice, a little goes a long way. Store in an airtight container in the fridge and it will last a couple of weeks.



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SERVINGS: 16 PIECES SKILL LEVEL: CONFIDENT

Base

- 1 cup buckinis*
- ½ cup cacao powder
- 1 cup macadamias
- 15 (300g) fresh dates pitted
- 1 tbsp coconut oil

Mint Layer

- 1 cup macadamias soaked overnight, drained
- 140ml coconut cream
- 2 tbsp green food powder such as spirulina
- ⅓ cup rice malt syrup
- ¼ tsp salt
- 3-4 drops peppermint essence or peppermint oil – or to taste
- ¼ cup coconut oil melted
- ¼ cup cocoa butter buttons melted

Topping

- 1 cup macadamias
- ¼ cup rice malt syrup
- ½ cup cacao powder
- ¼ cup water
- ⅓ cup cacao butter buttons melted

Line a 22cm x 22cm rectangular tin with baking paper.

For the base, place the buckinis in a food processor and process until it forms a powder. Add remaining ingredients and process to combine. Press the mixture evenly into the tin and freeze until set.

Meanwhile, prepare the **mint layer.** Place the macadamias and coconut cream into a food processor or blender and process until the mixture is very smooth. Add remaining ingredients and blend until the mixture is smooth. Spread evenly over the frozen base layer and put back in the freezer.

For the topping, place all the ingredients into a food processor or blender and blend until smooth. Spread evenly over the choc mint layer and return to the freezer.

When the slice is set, cut into squares to serve. Keep refrigerated in an airtight container for up to 2 weeks.

Note

*Buckinis is activated buckwheat. You can find it in good health food stores.

SERVINGS: 8 PIECES SKILL LEVEL: EASY



Raw macadamia & puffed rice slice

It's hard to stop at just one of these deliciously healthy raw bars. But, who's counting? Packed full of goodness, they're the perfect snack for kids and adults. But be warned: a batch in the fridge won't last long!

- 200g 70% cocoa dark chocolate**
- 1 cup raw macadamias**
- 10 fresh Medjool dates** pitted
- 2 tbsp cocoa powder**
- 1/3 cup pepitas** pumpkin seeds
- 1/4 cup desiccated coconut**
- 1 cup puffed rice** the small crispy puffs work best
- 3cm ginger** finely grated
- 2 tbsp coconut oil** melted

Melt the dark chocolate in the top part of a double boiler and set aside to cool.

Line a 20cm square cake tin with baking paper, allowing two sides to overhang for easy removal.

Place 1/2 cup of macadamias in the bowl of a food processor and process until smooth. Chop remaining nuts in halves and set aside in a large mixing bowl. Add dates and cocoa powder to the processed nuts and process until mixture comes together and forms a ball. Place the processed mixture into the mixing bowl with the macadamia halves and add remaining ingredients. Using your hands, gently knead the mixture until it is well combined. Press the mixture evenly into the lined cake tin. Refrigerate for at least 30 minutes.

Remove the slice from the fridge. Ease the slice out of the tin, place on a flat surface and pour chocolate over to cover evenly. Allow the chocolate to set before cutting into bars.

Keep refrigerated.



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Macadamia & bush honey slice

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Macadamia & bush honey slice

This slice is a celebration of the rich and buttery flavour of Australian macadamias, paired with the sweetness of Australian bush honey.



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SERVINGS: 30 PIECES SKILL LEVEL: CONFIDENT

Bottom Layer

200g dark chocolate

100g unsalted butter

2 eggs lightly whisked

150g caster sugar

1 cup plain flour sifted

¼ cup cocoa powder sifted

1 cup unsalted macadamias
toasted, roughly chopped

Middle layer

2 cups macadamia butter*

1 ¾ cups icing sugar

4 tbsp bush honey

2 tbsp milk

Icing

200g milk chocolate

½ cup unsalted macadamia nuts
extra, toasted and finely chopped

Preheat oven to 160°C fan forced. Grease and line a 3cm-deep, 20cm x 30cm (base) lamington tin.

To make the bottom layer, combine the chocolate and butter in a heatproof bowl and set over a saucepan of simmering water, stirring until just melted. Add the eggs and sugar and beat until smooth. Sift in the flour and cocoa and fold through with the macadamias until well combined. Spoon into the prepared tin and bake for 20-25 minutes or until just set. Allow to cool in the tin.

To make the middle layer, combine the macadamia butter, icing sugar, honey and milk in a medium bowl and whisk until smooth. Pour over the cooled chocolate slice and refrigerate for 2 hours or until set.

To make the icing, melt the chocolate gently in a bowl over simmering water and spread over the macadamia and honey layer. Sprinkle with finely chopped macadamias and refrigerate for an hour. To serve cut into bars.

Note

*Macadamia butter is available at some farmers markets, specialty stores or it is easy to make your own, see the recipe [here](#) >



SERVINGS: **20 PIECES** SKILL LEVEL: **EASY**

No bake choc fruit macadamia slice

This tasty slice is a healthy option for dessert!

- 200g dark cooking chocolate** coarsely chopped
- 250ml thickened cream**
- 200g Marie biscuits** coarsely chopped
- 300g dried figs** coarsely chopped
- 150g raisins**
- 150g goji berries**
- 1 cup unsalted macadamias** roasted, roughly chopped

Line a 16cm x 26cm slab pan with non-stick baking paper, allowing sides to overhang.

Combine the chocolate and cream in a large heatproof bowl over a saucepan of simmering water. Stir with a metal spoon until chocolate melts and mixture is smooth.

Add the biscuit, figs, raisins, goji berries and macadamias to the chocolate mixture and stir until well combined. Spoon into prepared tray and use the back of a spoon to press the mixture into the pan and smooth the surface.

Place in the fridge for 4-5 hours to chill or until firm.

Cut into squares to serve.

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SERVINGS: 16 PIECES SKILL LEVEL: EASY

Raw macadamia caramel slice

The raw food trend would not be complete without macadamias as the star. This slice is very rich so you only need a small square... it's decadence made healthy.

Base layer

1 cup raw macadamias
12 fresh Medjool dates pitted
4 tbsp cacao powder
½ cup cranberries
½ cup desiccated coconut

Caramel layer

2 cups raw macadamias
4 fresh Medjool dates pitted
4 tbsp coconut cream
2 tbsp maple syrup
2 tbsp coconut oil

Top chocolate layer 200g 70% cacao dark chocolate

Top chocolate layer: Melt the dark chocolate in the top part of a double boiler and set aside to cool. Line a 20cm square cake tin with baking paper, allowing 2 sides to overhang for easy removal.

Base layer: For the base layer, place the macadamias in a food processor and blend until smooth. Add the remaining ingredients and process until the mixture forms a ball. Press the mixture evenly into the lined cake tin and place in the freezer.

Caramel layer: For the caramel layer, place the macadamias and dates in a food processor and blend until as smooth as possible. If necessary, use a blender to achieve a smooth consistency. Add the remaining ingredients and process until combined. Smooth the caramel over the base layer and return to the freezer for 15 minutes.

Remove the slice from the freezer and gently lift it from the tin. Place on a flat surface and pour the chocolate over to cover evenly. Before the chocolate has completely set, cut into squares.

Serve once the chocolate has set. Store in the fridge.



SERVINGS: 6 PIECES SKILL LEVEL: EASY

Macadamia & black rice gangjeong slice

These crispy and tasty bars are a popular snack in Korea. They need no baking and are easily transportable for a nutritious on the go snack for when you are too busy to stop.

- 100g macadamias
- 100g black rice
- 50g peanuts
- 50g walnuts
- 50g oats
- 30ml water
- 70g sugar
- 120g oligosaccharide or rice syrup

Stir fry the macadamias, black rice, peanuts, walnuts and oats in a dry pan over medium heat for 4-5 minutes until roasted.

Put water, sugar and oligosaccharide (or rice syrup) in a saucepan and gently simmer over a medium heat until the sugar is completely dissolved.

Add the roasted macadamias, black rice, peanuts, walnuts, and oats mix and mix well until the liquid disappears.

Line a baking tray with baking paper and pour in the macadamia mixture, press flat, and allow to harden for a day in a cool place. Once firm cut into square or bar shapes. into the pan and smooth the surface.

Place in the fridge for 4-5 hours to chill or until firm.

Cut into squares to serve.

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SERVINGS: **24 PIECES** SKILL LEVEL: **EASY**

Macadamia coconut ice

This coconut ice recipe is not only easy, it's also surprisingly healthy. We've used macadamias and coconut instead of icing sugar to create an even more delicious version of this classic treat to share with your family and friends – maybe even on Valentine's Day!

1 cup macadamias

2 cups shredded coconut

½ cup brown rice syrup

1 tsp vanilla essence

100g copha melted

2 tsp freeze-dried raspberry or strawberry powder see note

¼ cup macadamias (extra) crushed and roasted

Line a 20cm x 20cm lamington tin with baking paper, slightly overhanging on all sides.

Place the macadamias in the bowl of a food processor and process until the mixture resembles a coarse crumb.

Add the coconut, rice syrup, vanilla essence and melted copha and process until almost smooth. The mixture should have a little texture

Divide the mixture evenly between two bowls. Into one bowl, add the raspberry powder and stir to combine.

Press the pink layer into the tin, refrigerate for 15 minutes, until firm.

Press the white layer over the top of the pink layer, and sprinkle with the crushed and roasted macadamias, pressing in slightly. Refrigerate for 45 minutes, until set.

Cut evenly into squares and serve.

Note

Freeze-dried raspberry or strawberry powder adds a lovely flavour to the coconut ice. If you do not have any, you can substitute with 1 teaspoon of beetroot powder or a few drops of rosewater.

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