

Winter snacks

with macadamias



15
snack recipes
to warm up
your winter



Australia, it's time to pull on your winter woollies, pop the kettle on and embrace the comforting rhythm of the season with snacks made even better by Australian macadamias.

Enjoy winter with macadamias

Winter is a season of cosy indoor mornings, crisp outdoor adventures, shared gatherings and small moments of comfort that make everyday life feel a little more special. Whether it's hugging a warm drink close, settling in for a movie night, taking a weekend road trip or enjoying a grazing board with friends, winter invites us to slow down and savour each moment.

This recipe collection celebrates our own native Australian macadamias as a natural and delicious part of winter in Australia. Rich, buttery and wonderfully versatile, macadamias bring a satisfying flavour and crunch to all kinds of seasonal snacking occasions. From warm homemade treats and nibbles to tasty snacks for life on the go, these simple recipes showcase the delicious ways macadamias can enhance our everyday moments.

Macadamias have a unique ability to transform the ordinary into something memorable. So if you're planning a bushwalk, sharing snacks around the table with family and friends, or just enjoying a quiet moment of indulgence at home, consider including macadamias. There's a recipe here to suit every winter occasion. Enjoy.





Campfire spiced macadamias

Ingredients

- ¾ cup macadamias, roughly chopped
- ½ teaspoon oil
- ½ teaspoon salt
- ½ teaspoon smoked paprika
- 1 fresh chilli, chopped
- 4-5 sprigs of fresh oregano plus ¼ cup of leaves

Method

Place the macadamias in a bowl. Add the olive oil, salt, smoked paprika, chopped chilli and oregano leaves, then toss until evenly coated. Heat a heavy cast-iron pan over hot coals or a campfire grill. Add the macadamias and cook for 3-5 minutes, tossing frequently, until lightly toasted and fragrant. Remove from the heat and transfer to a serving bowl. Garnish with the oregano sprigs and serve warm.



Roast them on the fire or in the oven, spicy macadamias will make your winter just that little bit warmer

winter snacks



A crunchy, spicy macadamia topping gives this simple chilli a distinctive lift. Easy to share, it's perfect for both casual gatherings and cosy nights in.

Chilli beef with spicy macadamia topping

Serves 6-8
Skill Level:
Easy



Ingredients

Chilli

1 tablespoon olive oil
1 onion, chopped
2 cloves garlic, crushed
500g beef mince
3 tablespoons tomato paste
1 tablespoon dried oregano
2 teaspoons cumin powder
1 teaspoon chilli powder
½ teaspoon smoked paprika
Salt and pepper, to taste
400g can crushed tomatoes
400g can kidney beans, drained and rinsed

Spiced macadamia topping

¾ cup macadamias, roughly chopped
½ teaspoon oil
½ teaspoon salt
½ teaspoon smoked paprika
1 fresh chilli, chopped
4-5 sprigs of fresh oregano plus ¼ cup of leaves

To serve

Corn chips and sour cream

Method

For the chilli, heat the oil in a large heavy skillet over a medium high heat. Add the onion and garlic and cook until soft, about 5 minutes. Turn heat to high and add the beef mince, browning and breaking up as it cooks for 5-10 minutes. Lower heat to medium and stir in the tomato paste. Add oregano and spices and season with salt and cracked black pepper and continue to cook for 1-2 minutes. Add the canned tomatoes and a half can of water and stir to combine. Allow to come to a steady simmer, reduce heat to low and simmer for 45 minutes to an hour, stirring occasionally. Add the drained kidney beans and simmer for 10 minutes.

For the spiced macadamias, preheat oven to 180°C. Line a baking tray with baking paper. Place the macadamias in a bowl and add oil, salt, paprika, chilli and oregano sprigs and leaves and stir to combine. Place on the prepared tray and bake for 7 minutes, until golden. Remove from oven and cool before serving.

To serve, add spoonfuls of chilli to bowls of corn chips and top with sour cream and spicy macadamia topping.



'Everything bagel' air fryer macadamias

These 'everything bagel' macadamias are golden, crispy, full of comforting flavour - and ready in minutes using an air fryer! Perfect for winter snacking, entertaining, or a quiet night in.

Serves 4
Skill Level:
Easy

Ingredients

- 1 cup (approx. 150g) raw macadamia nuts
- 1 teaspoon of oil of your choice
- 2 teaspoons dried onion flakes
- 1 teaspoon garlic powder
- 1 teaspoon white sesame seeds
- 1 teaspoon black sesame seeds or nigella seeds
- 1 teaspoon poppy seeds
- ½ teaspoon flaky sea salt

Method

Preheat the air fryer to 160°C (320°F) for 2–3 minutes. Toss the macadamias with a little oil until evenly coated. In a small bowl, mix the seasoning ingredients, then sprinkle over the nuts. Toss again to coat thoroughly.

Arrange macadamias in a single layer in the air fryer basket, using a parchment liner if preferred. Cook for 6–8 minutes, shaking halfway. Keep an eye on them during the last 2 minutes.

Transfer macadamias to a tray or plate to cool completely. They'll crisp up as they cool.

Store in an airtight container at room temperature for up to 2 weeks.



*Crunchy,
creamy and
unmistakably
Australian*



Serves 2
Skill Level:
Easy



Macadamia milk porridge with honey and macadamia whip

This deliciously creamy porridge is easy to make on a cold winter morning and is made even more nutritious by the addition of the macadamia milk and macadamia honey whip.

An ideal dairy-free breakfast, it can also be adapted for vegans by replacing the honey with an equal amount of maple syrup, and omitting the honeycomb.

Ingredients

Porridge

1 cup rolled oats
1½ cups water
¼ teaspoon salt
1½ cups macadamia milk
¼ cup macadamia milk, extra

Macadamia honey whip

½ cup macadamia butter
2 tablespoons honey

To serve

Honeycomb pieces optional
¼ cup dried cherries or sultanas
¼ teaspoon cinnamon

Method

For the porridge, combine the oats, water and salt in a saucepan. Place over medium heat and cook, stirring occasionally, until the mixture starts to thicken, about 3-4 minutes. Add the macadamia milk, reduce heat to low and simmer for a further 10 minutes, stirring occasionally. If the mixture is too thick, add a little more water. To make the macadamia whip, combine the ingredients and stir thoroughly.

Serve immediately with the macadamia honey whip stirred through, topped with optional honeycomb, dried fruits, cinnamon and extra milk.

Delicately spiced and irresistibly creamy, this warm cacao with macadamia milk is pure winter comfort in a cup. With earthy undertones and a whisper of cardamom, it's the perfect companion for slow mornings, woolly socks, and quiet winter moments.



Serves 2
Skill Level:
Easy

Warm spiced cacao with macadamia milk

Ingredients

- 1 pinch cardamom powder
- 1 pinch cinnamon powder
- 2 teaspoon raw cacao powder
- 1 tablespoon honey or to taste
- 1½ cups macadamia milk

Method

Combine the cardamom, cinnamon, raw cacao and honey in a mug. Pour over 1 tablespoon of boiling water and stir to combine. Heat the macadamia milk in a small saucepan or a milk steamer and pour over the cacao mixture. Stir and serve immediately, sprinkled with a little extra cinnamon if desired.



Makes 12
Skill Level:
Easy

A macadamia twist on a viral favourite, this no-bake bark is quick to make and hard to resist! Naturally sweet and satisfying, with the added nutritional goodness of macadamias, it's one to keep on hand for when a sweet craving hits.

Macadamia date bark

Ingredients

- 450g Medjool dates
- 1 cup macadamia butter
- 200g dark (70% cacao) chocolate, melted and slightly cooled

Method

Line a medium sized baking tray with baking paper. Cut each date down one side and remove the seed without breaking the date completely in half. Open the date so that it is flat and place on the baking tray. Continue with each date, lining the opened dates up on the baking tray so you have rows of dates that form a rough rectangle.

Lay a piece of baking paper over the dates and using a soft mallet or small rolling pin, hit or roll the dates so that they soften slightly and flatten out as much as possible. Remove the paper. Dollop the macadamia butter over the dates and then, using a knife or spatula, spread as evenly as possible – it's ok if there are a few gaps. Refrigerate for 30 minutes.

Pour the melted chocolate over the macadamia butter and use a spatula to spread the chocolate out to cover the macadamia butter layer. Once set, cut into pieces with a sharp knife and store in an airtight container at room temperature or in the fridge.



Serves 8
Skill Level:
Easy



Macadamia banana bread

Prep time 15 minutes | Cook time 45 minutes

Ingredients

- 260g self-raising flour
- 165g brown sugar
- 1 teaspoon cinnamon
- ¾ cup macadamias, roughly chopped
- 3-4 large overripe bananas, to make 1½ cups mashed banana
- 2 eggs, lightly whisked
- 125mls milk
- 100mls macadamia oil
- 1 teaspoon vanilla essence

Made with macadamia oil, this banana bread has a soft, moist texture with added crunch from chopped macadamias. Delicious warm from the oven, it's just as good toasted or heated in a sandwich press over the next few days and served with butter.

Method

Preheat the oven to 180°C. Grease and line a 24 x 11cm loaf tin. Sift the flour into a large bowl. Add the brown sugar, cinnamon and ¼ cup macadamias and stir to combine.

Place the mashed bananas in a separate bowl and add the lightly whisked eggs, milk, macadamia oil and vanilla essence. Carefully stir to combine.

Add the flour mixture to the banana mixture and carefully stir until combined. Do not over mix or the cake will be tough.

Spoon the mixture into the prepared tin and gently smooth the top. Sprinkle evenly with the remaining macadamias and bake for 15 minutes. Working quickly, remove the tin from the oven or slide the oven rack out and cover loosely with a sheet of baking paper. Replace and cook a further 30-40 minutes, or until a skewer inserted into the middle comes out clean.

Allow to cool slightly before lifting out of the tin, slicing and serving while warm with butter. Store in an airtight container for 2-3 days.

Tip:

Overripe bananas are the most ideal for any baking and also provide an extra sweetness to the bread.

Nourishing your body with seasonal vegetables never tasted so good. Simple and delicious, this classic soup provides the ultimate mood boost for the cooler months, and with macadamias in the mix, takes on a new-found creaminess and delicate flavour.

Serves 4
Skill Level:
Easy



Potato, leek and roasted macadamia soup

Ingredients

2 tablespoons extra virgin olive oil
2 garlic cloves, crushed
2 leeks, cleaned and finely sliced
4 medium (approx. 600g) Dutch cream potatoes, diced
1 tablespoon fresh thyme leaves
100g macadamias
1.25L (5 cups) quality vegetable stock
125mls (1/2 cup) thickened cream, plus extra for serving
Salt and pepper

To serve

Cream
Salt and pepper, to taste
Macadamia oil
Croutons, toasted
Fresh thyme leaves, toasted
50g macadamias, roasted and chopped

Method

Heat the olive oil in a large saucepan over medium heat. Add the garlic and leeks. Season with salt and sauté for 2-3 minutes. Add the potatoes, thyme and macadamias. Continue to sauté for a further 5 minutes until the vegetables are slightly tender and the macadamias are toasted. Add the stock and bring to a boil.

Reduce heat and allow the soup to simmer for 15-20 minutes until the potatoes are soft.

Using a stick blender or food processor, blend the soup until thick and creamy. If the soup isn't as silky as you'd like, pass it through a fine sieve to remove any lumps.



Chocolate and macadamias are the ultimate cookie companions, and these cookies bring out the best in both ingredients.

Macadamia chocolate cookies

Ingredients

- 225g dark (70%) chocolate bits
- 110g unsalted butter, roughly chopped
- $\frac{3}{4}$ cup brown sugar
- 1 egg
- 1 teaspoon vanilla extract
- 1 cup/150g plain flour, sifted
- $\frac{1}{4}$ cup cocoa, sifted
- 1 teaspoon bicarbonate of soda
- $\frac{3}{4}$ cup macadamia pieces
- $\frac{1}{2}$ teaspoon salt flakes, optional
- $\frac{1}{2}$ cup dark chocolate melted, to decorate, if desired

Method

Preheat the oven to 180°C. Line a large baking tray with baking paper. Measure 120g of the chocolate bits and place in the top part of a double boiler over simmering water. Allow the chocolate to melt and stir to combine. Set aside.

Place the butter and brown sugar in the bowl of an electric mixer and beat on high speed for 5-7 minutes, until the mixture is light and creamy. Add the egg and vanilla and beat to combine. Stir through the flour, cocoa, bicarb of soda and melted chocolate until just combined. Add the remaining choc chips and $\frac{1}{2}$ cup of the macadamias. Stir to combine thoroughly.

Roll heaped tablespoons of mixture into balls and place on the baking tray, about 5cm apart to allow for spreading. Stud with the remaining $\frac{1}{4}$ cup of macadamias, flatten each round slightly and bake for 15 minutes, until the tops of the cookies are looking slightly cracked and crispy. Remove the cookies to a wire rack and allow to cool. When cool, drizzle with a little extra melted chocolate and sprinkle with a pinch of salt flakes, if desired. Store in an airtight container.



Makes 16
Skill Level:
Easy



Serves 6-8
Skill Level:
Moderate

Macadamia, sweet potato and caramelised onion tart

Macadamias shine in this savoury tart. They enrich the pastry, add a creamy layer of macadamia butter beneath the filling and finish the dish with a golden, crunchy topping. The sweet potato, caramelised onions, feta and fresh thyme come together beautifully, creating a mix of flavours that feels comforting yet special.

Ingredients

Pastry

- ½ cup macadamias
- 2 cups plain flour
- 125g chilled butter, cut into pieces
- 1 egg yolk, mixed with 2 tablespoons iced water

Tart filling

- 1 medium sweet potato, peeled and sliced into 1-1.5mm thin rounds
- 3 tablespoons olive oil
- ½ teaspoon salt
- 2 large yellow onions, sliced
- 2 teaspoons red wine or sherry vinegar
- 1 tablespoon brown sugar
- ¼ cup macadamia butter*
- 130g feta, crumbled
- 1-2 tablespoons fresh thyme leaves, loosely packed
- ½ cup macadamia halves

Method

For the pastry, place the macadamias in the bowl of a food processor and process to a fine crumb, being careful not to overprocess to a paste. Add the flour and pulse 2-3 times to combine. Add the butter and pulse until the mixture resembles a coarse crumb. With the motor running, add the combined egg yolk and iced water and continue to process until the mixture comes together and forms a rough ball.

Remove from the food processor and form the dough into a ball, then flatten to a 5cm thick disc. Wrap in plastic wrap and refrigerate for around 30 minutes. Remove from the fridge 10 minutes before rolling it out.

Meanwhile for the filling, place the sweet potato slices into a large bowl and stir through 1 tablespoon of the olive oil and the salt, coating the slices as much as possible. Set aside. Heat the remaining 2 tablespoons of oil in a pan and add the onions. Cook over a medium to low heat, stirring occasionally for 7-10 minutes, until the onions are soft and caramelised. Add the vinegar and brown sugar and simmer a further 5-7 minutes. Set aside to cool.

Preheat oven to 200°C.

If you're a nut butter fan, you'll love the elevated version macadamias deliver. Easy, indulgent and satisfying, all you need is a food processor to transform macadamias into a versatile condiment you'll want to use daily.

We love the salty-sweet flavour combination of the macadamias with banana and honey, especially for brunch or morning tea, but feel free to experiment with your own seasonal macadamia butter crostini toppers.

Serves 4
Skill Level:
Easy

Ingredients

Salted macadamia butter

500g macadamias, whole nuts, halves or pieces

1 teaspoon salt flakes

To serve

8 slices thick cut sourdough bread

8 tablespoons roasted macadamia butter

4 bananas, sliced

4 tablespoons raw honey

Natural salt flakes

Chia seeds



Salted macadamia butter, banana and honey crostini

Method

Nut butter

Preheat oven to 140°C. Place the macadamias onto a baking tray. Roast for 30-40 minutes, tossing every 10-15 minutes to ensure even colour. They should be lightly golden brown. Place the roasted macadamias into a food processor. Add the salt and blend for 1-2 minutes until the macadamias begin to break down into a paste and release their natural oils. Whether you prefer crunchy or smooth will dictate how long you continue to blend for. Once the butter has reached your desired consistency, transfer to a 500ml sterilised, airtight jar and keep in the pantry or refrigerator.

To serve

Arrange warm, toasted sourdough slices onto a serving board. Spread with macadamia butter. Top with slices of banana and drizzle with honey. Garnish with salt flakes and chia seeds. Enjoy!





Like macadamia nuts, damper holds a special place in Australian culture. This dense bread is easily created at home and is best served hot, straight from the oven with a generous dollop of our chilli macadamia butter.



Macadamia and parmesan damper with chilli macadamia butter

Prep time 20 minutes | Cook time 30 minutes

Ingredients

Damper

450g (3 cups) self-raising flour, plus extra for dusting

1 teaspoon baking powder

80g butter, chilled, cubed

$\frac{3}{4}$ cup (105g) roasted salted macadamias, roughly chopped

$\frac{3}{4}$ cup (50g) finely grated parmesan, plus extra to serve

1 tablespoon fresh rosemary leaves, finely chopped

$1\frac{1}{4}$ cups (310ml) milk

Chilli macadamia butter

1 cup (145g) roasted salted macadamias

125g butter, softened

1 teaspoon dried chilli flakes

Method

For the chilli macadamia butter, place the macadamias in a food processor. Process, stopping to scrape down the sides occasionally until slightly runny. Add the butter and chilli flakes, pulse to combine. Spoon the mixture into a bowl. Cover and refrigerate until ready to serve.

For the damper, preheat oven to 200°C fan forced. Dust a baking tray with flour. Sift the flour and baking powder together into a bowl. Add the butter and use your fingertips to rub the butter into the flour until the mixture resembles fine breadcrumbs.

Add the macadamias, cheese and rosemary. Stir to combine. Make a well in the centre and add the milk. Use a round-bladed knife in a cutting motion to mix until the damper just comes together, adding 1-2 tablespoons of extra milk if the mixture is a little dry. Use your hands to bring the mixture together in the bowl.

Turn the dough onto a lightly floured surface and knead gently until the base is almost smooth. Shape into an 18cm round, pressing any exposed macadamias into the damper. Place on the tray.

Mark 8 wedges on the top of the damper. Lightly dust with flour. Bake for 30 minutes or until the damper is cooked through. Serve warm or at room temperature with the chilli macadamia butter.



Macadamias add richness and texture to these broccoli bites, turning a simple base into something more satisfying. Easy to make and portable, they're ideal for a quick snack or light meal, enjoyed hot or cold.

Macadamia and broccoli bites

Ingredients

- 3 cups broccoli florets about 300g
- 2 eggs lightly whisked
- ½ cup panko breadcrumbs
- 70g cheddar cheese grated
- 50g feta cheese crumbled
- ½ cup parmesan cheese finely grated
- 3 spring onions finely sliced
- ½ cup macadamias chopped
- Salt and pepper to taste

Method

Preheat oven to 180°C. Line a large baking sheet with baking paper and set aside. Place broccoli florets in a vegetable steamer and steam until just soft. Allow to cool before chopping into rough pieces.

Place the eggs in a large bowl and whisk lightly, add the panko breadcrumbs and stir to combine thoroughly.

Allow to stand for 10 minutes so the breadcrumbs soften, then add the remaining ingredients and stir to combine thoroughly.

Season to taste with salt and black pepper.

Spoon heaped tablespoons of mixture, 3cm apart, onto the baking tray, roughly shaping into balls. You can also use slightly damp hands to form balls and place on the tray.

Bake for 12-15 minutes until crisp and golden. Serve warm or cooled with store bought salsa or tomato chutney. Store in an airtight container in the refrigerator for 2-3 days.

Makes 15
Skill Level:
Easy





Makes 24
Skill Level:
Easy

You can whip these up in minutes to serve with afternoon drinks. But be warned – they're slightly addictive!

Delicious served slightly warm but can also be pre-made and served cool, the crunch of the macadamias is the clincher – you may want to think about making a double batch.

Macadamia chorizo cheese balls

Prep time 10 minutes | Cook time 10 minutes

Ingredients

- 1/2 cup macadamias
- 120g sharp cheddar cut into pieces
- 60g chorizo good quality – skin removed, broken into pieces
- 1 tablespoon thyme leaves
- 3 tablespoons plain flour
- 1 egg yolk

Method

Preheat oven to 180°C. Line a baking tray with baking paper. Place all the ingredients into the bowl of a food processor and process until the mixture comes together and starts to form a ball. Take teaspoonfuls of mixture and roll into small balls. Place on the baking tray, 2 cm apart. Bake for 10 minutes, or until puffed and golden. Cool on the tray before removing to a wire rack to cool completely. These are best eaten straight away but can be stored in an airtight container in the fridge and reheated if necessary.



winter snack plates

A little wine,
a little cheese,
a lot of macadamias



Once you've experienced risotto with these lightly salted, truffle roasted macadamias, there's no going back. They add a flavour, texture and unmatched indulgence that puts it in a league of its own.

Risotto with truffle roasted macadamias and porcini mushrooms

Ingredients

25g dried porcini mushrooms
2 cups warm water
½ cup macadamias
1 tablespoon truffle oil
½ teaspoon salt or a good pinch of truffle salt
800mls of good quality beef, chicken or mushroom stock
300mls water
2 tablespoons olive oil
45g butter
1 medium brown onion, finely sliced
450g (2 cups) arborio rice
½ cup freshly grated parmesan cheese



Serves 6
Skill Level:
Moderate

Method

Soak the dried porcini in the warm water for at least 30 minutes before lifting them out by hand, and squeezing as much water as possible back into the bowl. Rinse the mushrooms under cold running water and dry with paper towel. Roughly chop and set aside. Strain the soaking water into a clean bowl or jug and set aside.

Preheat oven to 180°C. Place the macadamias on a tray, drizzle with the truffle oil and mix around to coat all the nuts in oil. Season with salt and roast in the oven for 7-10 minutes, until golden.

Combine the stock and water in a medium saucepan and bring to a slow, steady simmer.

In a large heavy based saucepan, melt together the olive oil and 15g of the butter over a medium heat. Add the onions and cook, stirring occasionally for 5-7 minutes, until translucent. Add the rice and stir quickly and thoroughly until all the rice is coated. Add ½ cup of stock and cook the rice, stirring constantly with a wooden spoon. Do not stop stirring. When the liquid has completely absorbed, add another ½ cup of stock and repeat for 10 minutes.

After 10 minutes, add the mushrooms and half a cup of their soaking liquid, continue to stir until absorbed and add the remaining liquid in ½ cup batches, until all the soaking liquid is used up. Continue to cook the rice with the remaining stock until the rice is al dente and the liquid is absorbed.

Remove from the heat, stir through the remaining butter and season with ground pepper. Transfer to a platter and sprinkle with grated parmesan and the truffle roasted macadamias.





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