

AUSTRALIAN  MACADAMIAS

You've got *good* taste



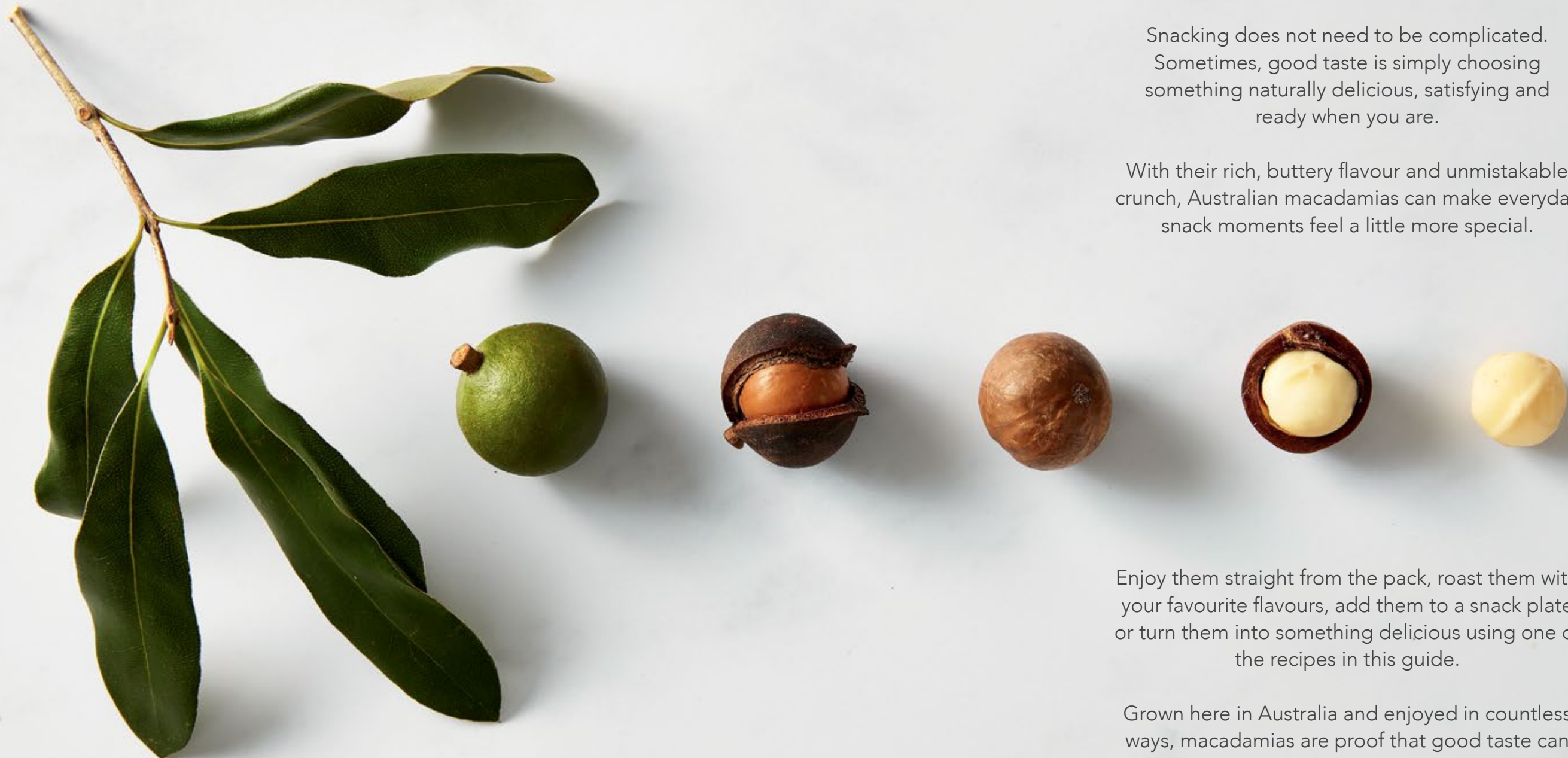
Macadamia snacking guide

*Simple ideas, delicious combinations and recipes
for better everyday snacking*

Good taste starts here

Snacking does not need to be complicated.
Sometimes, good taste is simply choosing
something naturally delicious, satisfying and
ready when you are.

With their rich, buttery flavour and unmistakable
crunch, Australian macadamias can make everyday
snack moments feel a little more special.



Enjoy them straight from the pack, roast them with
your favourite flavours, add them to a snack plate
or turn them into something delicious using one of
the recipes in this guide.

Grown here in Australia and enjoyed in countless
ways, macadamias are proof that good taste can
be wonderfully simple.



Graham Wessling, Clunes, NSW

'I snack on macadamias copiously, usually roasted and salted, with a stash never far away. I also enjoy them as part of simple snack mixes with almonds and cashews, perfect for busy days or relaxed afternoons.'

[>> Read the full grower profile here <<](#)

**You've got
good taste**



Snack well. Keep it simple.
No fads. No formulas.
Just naturally good taste.

Snacks do not need long ingredient lists
or complicated preparation.

Macadamias are a naturally delicious
wholefood with their flavour, texture and
versatility making them suitable for both
sweet and savoury snacks.

Macadamia nuts are easy to portion,
pack, share and keep on hand.

Choosing Australian-grown macadamias
supports local growers and regional
communities.

Macadamia snack facts

Native by nature

The macadamia is a native Australian rainforest tree that evolved in our subtropical regions millions of years ago.



Nature's energy balls

Packed with healthy fats, dietary fibre and essential nutrients, macadamias help keep you feeling fuller for longer.

Keep them fresh

To keep macadamias tasting their best, store them in an airtight container in a cool, dry place. For longer storage, refrigeration or freezing helps to maintain their freshness.



Healthy handful

A standard serving of macadamias is around 30 grams which is about 15 whole kernels or a healthy handful.

Good for your heart

Macadamias are naturally high in the 'good' monounsaturated fats that are great for supporting heart health.



Good taste. ready when you are



There is more
than one way
to have
good taste



Find your flavour match

Creamy, buttery and gently sweet, macadamias are remarkably easy to pair. Their richness balances sharp, salty and spicy flavours, while their crunch provides contrast to soft cheeses, ripe fruit and smooth chocolate. Start with macadamias, choose a flavour direction and build a snack that suits your mood.

<i>If you like...</i>	<i>Pair macadamias with...</i>
Sweet and fruity	Dates, banana, mango, pineapple, berries, apple or dried apricots
Rich and indulgent	Dark chocolate, white chocolate, cacao, caramel or coconut
Salty and savoury	Olives, parmesan, crackers, roasted chickpeas or popcorn
Fresh and creamy	Yoghurt, ricotta, goat’s cheese, feta or avocado
Warm and spicy	Chilli, paprika, cumin, cinnamon, ginger or curry spices
Fragrant and herby	Rosemary, thyme, basil, oregano or garlic
Distinctly Australian	Lemon myrtle, wattleseed, pepperberry or native thyme

Roast your own *Turn up the taste*

Freshly roasted macadamias are one of life's simple pleasures. Roasting intensifies their naturally buttery flavour, brings out their distinctive crunch and gives you a blank canvas for experimenting with herbs and spices.

Four simple steps:

- 1 Keep them even**
Use similarly sized kernels or pieces so they roast evenly.
- 2 Spread them out**
Arrange the macadamias in a single layer on a baking tray. Dry-roast them or add a very light spray of olive oil to help seasonings stick.
- 3 Watch them closely**
Roast in an oven preheated to 160°C for around 8-10 minutes or until golden, gently shaking the tray every few minutes.
- 4 Season while warm**
Remove the macadamias from the tray immediately and toss through your chosen seasoning.

Quick flavour ideas:

- > Salt and pepper
- > Chilli flakes
- > Chopped rosemary
- > Sesame seeds
- > Lemon myrtle
- > Pepperberry
- > Ground cinnamon



Rosemary and sea salt macadamias

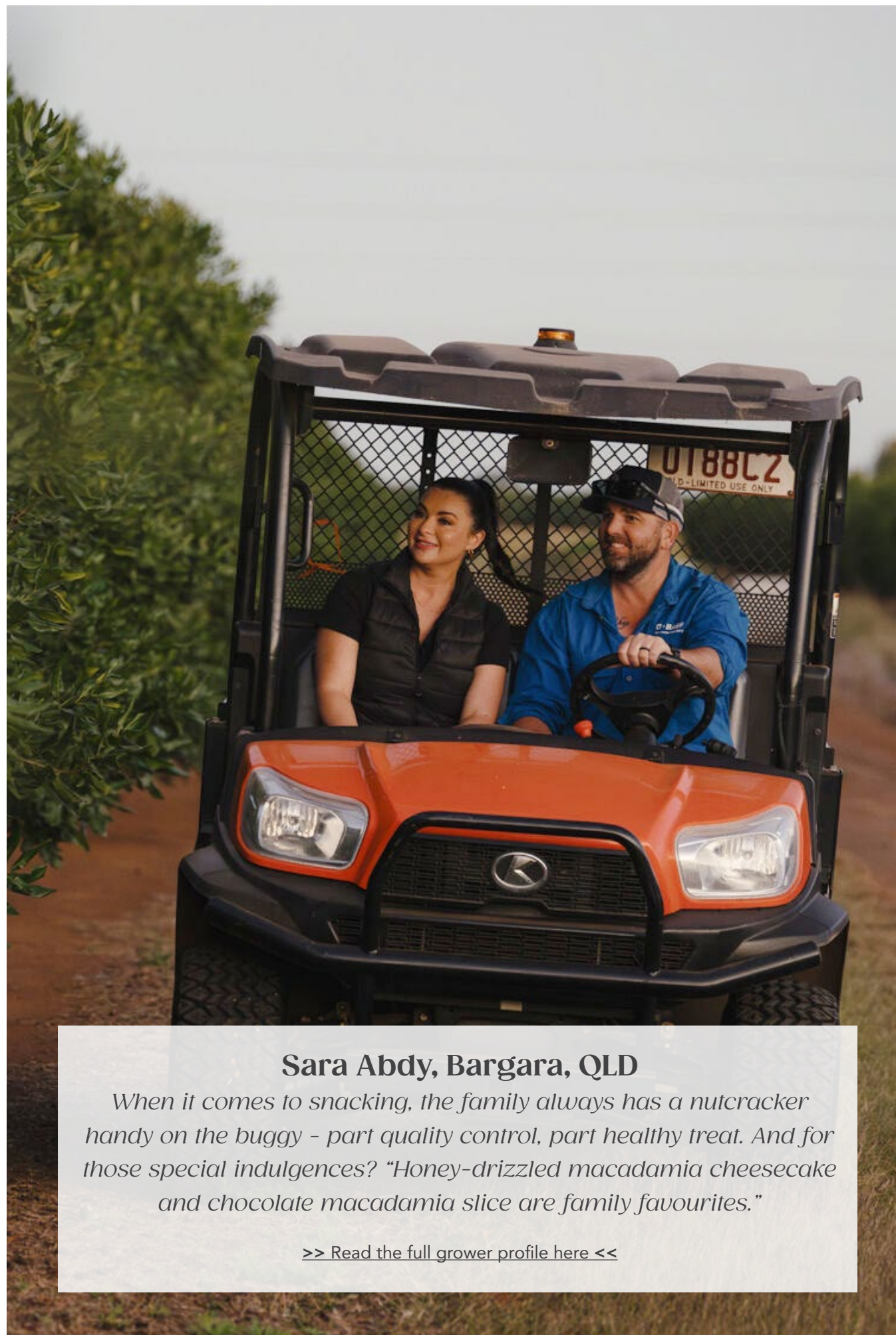
Ingredients

- 2 cups raw macadamias
- 1 tablespoon salt
- 3 tablespoon rosemary leaves finely chopped
- 1 tablespoon macadamia oil

Method

Preheat oven to 160°C fan-forced. Line a baking tray with non-stick baking paper. In a medium sized bowl, combine all the ingredients and toss well. Spread onto the lined baking tray and bake for 10 minutes, turning half way through. Remove from the oven and allow to cool slightly before serving.





Sara Abdy, Bargara, QLD

When it comes to snacking, the family always has a nutcracker handy on the buggy - part quality control, part healthy treat. And for those special indulgences? "Honey-drizzled macadamia cheesecake and chocolate macadamia slice are family favourites."

[>> Read the full grower profile here <<](#)

The good-taste snack plate

A great snack plate is not about elaborate styling or having a fridge full of ingredients. It is simply a mix of flavours and textures that makes an everyday snack feel generous and satisfying.



Add a little something

Crunchy

macadamias, crackers or crisp vegetables

Fresh

seasonal fruit, cucumber, tomatoes or celery

Creamy

cheese, yoghurt, hummus or avocado

Punchy

olives, pickles, dark chocolate or dried fruit

The desk-drawer plate

Macadamias
+
dried peaches
'n pears
+
wholegrain
crackers



The afternoon plate

Salted
macadamias
+
dark chocolate
squares
+
roasted
coconut



The take-a-moment plate

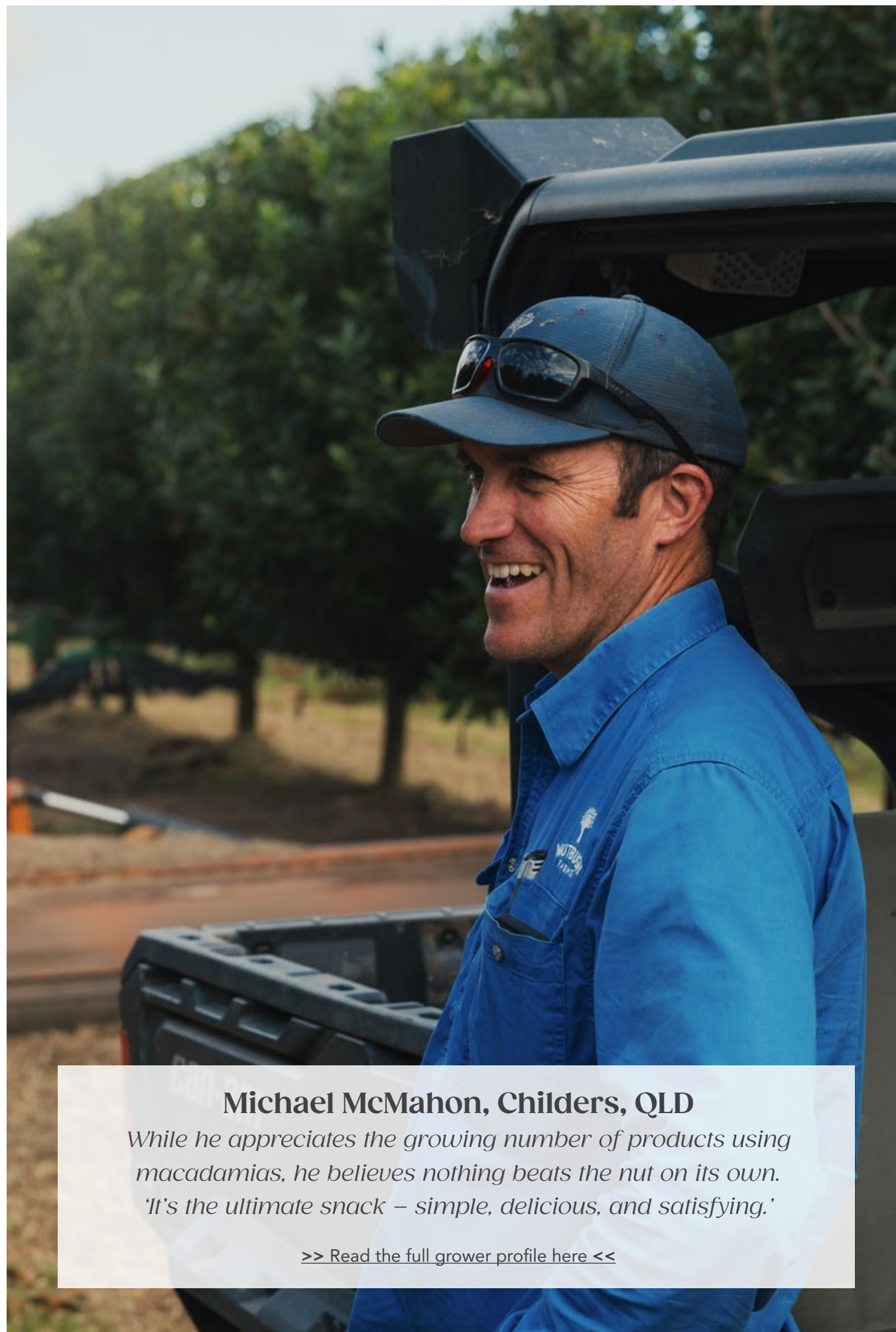
Raw
macadamias
+
watermelon
wedges
+
grapes
+
a cuppa



The instead-of-dinner plate

Roasted
macadamias
+
soft cheese
+
cheddar
+
favourite
crackers





Michael McMahon, Childers, QLD

While he appreciates the growing number of products using macadamias, he believes nothing beats the nut on its own. 'It's the ultimate snack – simple, delicious, and satisfying.'

[>> Read the full grower profile here <<](#)



Good taste. made at home

These moreish macadamias are too good to save for a special occasion. They are super easy to prepare and store well in an airtight jar, making them ideal for everyday snacking.

Roasted nori and sesame macadamias

Serves 4

Ingredients

- 1 tablespoon sesame seeds
- 2 teaspoons soy sauce
- 1 egg white
- ½ cup coconut sugar
- ¼ cup loosely packed nori, finely chopped
- 1 cup raw macadamias

Method

Preheat oven to 175°C and line a large tray with baking paper. Place a heavy based frying pan over medium heat and scatter in the sesame seeds. Toast the sesame seeds for 2-3 minutes, stirring occasionally, until just golden. Transfer them to a bowl and stir through the soy sauce. Set aside to cool.

Meanwhile, place the egg white in a bowl and whisk lightly. Whisk in the coconut sugar and stir in the sesame seeds and nori. Stir through the whole macadamias so that they are completely coated.

Using tongs, transfer the nuts to the tray and place in a single layer. Roast for 10 minutes, checking regularly towards the end to make sure they do not burn. They are ready as soon as the coating appears a little glossy and is hard to touch. Store in an airtight container or jar.

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!

Macadamia 'to go' bliss balls and slice

Makes 12 of each

Ingredients

Hemp and macadamia bliss balls

- ½ cup macadamias
- ½ cup hemp seeds
- 2 tablespoons cacao powder
- 7 fresh dates, stones removed

Date, macadamia, sunflower and 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



Method

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.



Macadamia dukkah

Makes about 1 cup

Ingredients

75g roasted macadamias, unsalted

50g sesame seeds

1 tablespoon coriander seeds

1 tablespoon cumin seeds

1 teaspoon ground mountain pepper berry

½ teaspoon salt flakes

¼ teaspoon dried chilli flakes (optional)

Method

Place the macadamias in the bowl of a food processor and process until almost ground (careful not to blend too much otherwise it can become gluggy). There will be some bigger pieces and some powder, which is ok, place into a large bowl.

Heat a large frying pan over a medium heat and dry roast the sesame seeds until golden and aromatic. Add to the bowl of macadamias.

Place the coriander seeds and cumin seeds in a frying pan over medium heat, stirring frequently for 1-2 minutes and the spices are aromatic and begin to pop. Transfer to a mortar and pestle and pound until finely crushed.

Add the crushed spices, pepper berry, salt and chilli flakes, if using, to the macadamia mix and combine well. Serve with crusty bread and macadamia oil.

Tips:

Store in an airtight container for up to a week. You can also use macadamia dukkah sprinkled over salads, or to coat fish or chicken or added to your favourite stuffing.

Dukkah serving ideas:

- > Sprinkle over hummus
- > Dip boiled eggs into it
- > Add to avocado on crackers
- > Scatter over yoghurt or labneh
- > Serve with olive oil and bread





With the classic combination of orange and chocolate, these macadamia bliss balls taste a little like a wholesome Jaffa. Rich, zesty and naturally satisfying, they make a delicious snack for the whole family. A double batch is highly recommended!

Macadamia and orange bliss balls

Makes 8 | Prep time: 8 minutes

Ingredients

- ¾ cup macadamia nuts, raw or roasted
- 6 fresh dates, pips removed
- ½ teaspoon turmeric
- ½ teaspoon cinnamon
- ½ teaspoon nutmeg
- 1 teaspoon cocoa powder
- Zest of an orange
- 2 teaspoon orange juice
- 2 tablespoon chia seeds



Method

Add all ingredients except the chia seeds to a food processor and blend for a couple of minutes until the mixture comes together. Add the chia seeds and pulse briefly to combine. Roll the mixture into 8 even sized balls. Grate over some extra orange zest if desired. Refrigerate until ready to enjoy.

Store in an airtight container in the fridge for up to a week. This recipe can be doubled but there is no need to double the turmeric.

The best snack
is the one you
remember
to bring

Snack smarter

A little preparation makes it easier to enjoy macadamias wherever the day takes you.

Quick tips:

Portion macadamias into reusable snack tins or containers.

Roast a batch on the weekend and change the seasoning each time.

Keep a jar of trail mix in the pantry.

Make bliss balls or slice ahead and freeze in individual portions.

Add macadamias to your usual fruit, yoghurt or cheese snack.

Keep snack-plate staples together so they are easy to find.





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 butter, date and chocolate bark

Makes 12 pieces

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.



Step 1



Step 2



Step 3



Step 4





This trail mix is a hard-working pantry staple. Take it anywhere to keep your energy up while you're on the move, or use it to enhance almost any combination of fruits, yoghurt and even ice cream.

Macadamia trail mix

Makes 2 cups

Ingredients

¾ cup whole macadamias

½ cup activated buckinis (buckwheat kernels)

¼ cup pepitas (pumpkin seeds)

¼ cup cranberries, currants or sultanas

¼ cup goji berries

½ cup coconut flakes

2 tablespoons brown rice syrup or maple syrup

1 teaspoon cinnamon

1 tablespoon macadamia oil

Method

Preheat the oven to 180°C. Line a large baking tray with baking paper. Place the macadamias on the tray and bake for 5 minutes. While still warm, place the macadamias in a bowl with all the remaining ingredients and stir to combine. Spread evenly over the baking tray and cook for a further 5 minutes, or until the macadamias are just golden. Allow to cool completely before storing in a sealed container.



Lorin Young, Bundaberg, QLD

For Lorin, the connection to macadamias is personal. He prefers nut-in-shell, lightly roasted and touched with vanilla.

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A close-up photograph of a person's hands holding a glass of smoothie. The smoothie is a light yellow color and is topped with a mix of chopped fruits, including orange and kiwi, and nuts. The glass is placed on a small, round wooden tray, which also holds some of the fruit and nut toppings. The person holding the tray has long, wavy brown hair and is wearing a light-colored, possibly white, top. The background is a soft, out-of-focus green, suggesting an outdoor setting.





Macadamia basil pesto & tomato bruschetta

Serves 4

Ingredients

Pesto

- 1 cup macadamias roasted
- 2 cups basil leaves tightly packed
- ¼ cup parmesan cheese grated
- 1 cup macadamia oil
- 4-6 cloves garlic
- 1 lemon juiced
- Salt and pepper to taste

Bruschetta

- 1½ cm thick bread slices, we used a baguette, cut on the diagonal
- 2 tablespoon macadamia oil or olive oil
- 3 tomatoes chopped
- Salt and cracked black pepper to taste
- ½ cup pesto

Pesto is the perfect all-rounder and macadamias add a different dimension to traditional pine nuts, imparting a fuller, more buttery flavour. Serve it on bruschetta with chopped tomatoes as a summer entrée or light snack.



Method

Pesto

Blend all ingredients together in a food processor until finely chopped. Store in a jar in the fridge for up to 10 days.

Bruschetta

Lightly grill or toast the bread slices and, while still warm, brush with a little macadamia or olive oil. Top with chopped tomatoes and season with salt and black pepper. Spoon about 1 tablespoon of pesto per slice over the tomatoes and serve immediately.



Macadamia and white chocolate are a perfectly matched flavour combo and are a well-loved, favourite cookie. This one bowl biscuit recipe creates the perfect balance of sweet and salty, with a chewy centre and crisp edges. They will quickly become your repertoire cookie!

One bowl macadamia and white choc chunk cookies

Makes 24

Ingredients

250g butter, melted

1 cup (220g) caster sugar

1½ cups (240g) lightly packed brown sugar

1 egg

1 egg yolk

2 cups (300g) all-purpose flour

1 teaspoon bicarbonate of soda

2 cups roasted salted macadamia nuts (see tip)

200g white chocolate, cut into chunks



Method

Combine the butter, caster sugar and brown sugar in a mixing bowl. Use a whisk to mix until mixture is lump free. Add egg and egg yolk, whisk until well combined. Sift the flour and bicarbonate of soda together over the butter mixture. Gently fold with a spatula until almost combined. Fold in the macadamia nuts and chocolate. Cover and refrigerate for 30 minutes, if it's a hot day 1-2 hours.

Preheat oven to 170°C fan forced. Line 4 baking trays with baking paper. Use an ice cream scoop to scoop the dough onto the trays, allowing plenty of room between each for spreading. Bake 1 tray at a time, for 12-15 minutes, until the edges are light golden. Set aside on tray for 10 minutes then transfer to rack to cool.

Tips:

- You can use roasted unsalted, raw or honey macadamias for these, (although the salt balances out the sweetness from white chocolate perfectly).
- Baking 1 tray at a time gives a more uniform 'round' cookie. If you are short on time, bake 2 trays at a time, switching the trays around after 8 minutes.
- If you don't have an ice cream scoop, use 2 tablespoons (about 50g) of mixture per cookie.





Miles Gillespie, Tregeagle, NSW

Miles enjoys his macadamias roasted and salted, preferably nut-in-shell with a saw-cut opening. He also sees macadamias as naturally suited to social occasions, particularly served as a snack alongside cheese and other grazing foods.

[>> Read the full grower profile here <<](#)

You've got *good* taste

You've got good taste. Pass it on.
Share a bowl. Pack an extra snack.

Make a batch for the week or
introduce someone to a flavour
combination they have never
tried before.

However you enjoy them, choosing
Australian-grown macadamias
brings naturally delicious flavour,
satisfying crunch and a little
homegrown goodness to your day.

Snack Australian macadamias.





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