

AUSTRALIAN MADE

**melrose**

nut spreads

Available in:

**Brazil**

**Pistachio**

**Cashew**

**Almond**

**Hazelnut**

**ABC**

**Macadamia**

*14 Delicious Recipes to Try*

# Almond spread

## ALMOND (*Prunus dulcis*)

Native to south-west Asia. There are two types, sweet and bitter. Sweet almonds are the most familiar edible type for eating nuts, almond meal or almond oil. The almond tree is larger than the peach, lives longer and is strikingly beautiful when in flower. The tree grows to 3-7 metres and has pink or white flowers which bloom in spring. The fruit resembles the peach until it approaches maturity, then as it ripens the leathery hull splits open, curls outward and then discharges the nut.

Almonds are the most alkaline of all nuts, that alone is a major benefit. Taken regularly, one handful of almonds per day is an optimum way to ensure proper nerve functioning, nerve transmission and correct muscular and glandular activity. Almonds are an excellent source of calcium and magnesium.

Leading exporting countries of shelled almonds are U.S., Spain, Italy, Iran, Portugal & Morocco. Almonds are being harvested in increasing quantities in the Murray River region of Victoria and South Australia.



Perfect  
on  
Pita  
Bread

# Almond Spread Recipes

## Almond Orange Dip

¼ cup Melrose Almond Spread  
⅓ cup freshly squeezed orange juice  
1 cup natural yoghurt  
¼ teaspoon tamari sauce  
½ teaspoon orange rind  
2 tablespoons freshly minced parsley  
2 tablespoons freshly minced chives  
A pinch of ground ginger  
Salt & pepper to taste  
Cayenne pepper (optional) to taste

- Combine Melrose Almond Spread & orange juice, stir until combined.
- Add all remaining ingredients, whisk mixture well together.
- Season to taste, cover and refrigerate until set.
- Serve with Melrose Organic Corn Chips.

## Almond Bubble Bars

125g butter, chopped  
⅓ cup light corn syrup  
⅓ cup Melrose Almond Spread  
½ cup castor sugar  
2 cups Rice Bubbles  
2 cups Coco Pops  
1 cup flaked almonds, toasted

- Grease 20cm x 30cm lamington pan, place strip of baking paper to cover base & extend over 2 opposite sides.
- Combine butter, corn syrup, almond spread and sugar in medium heavy-based pan, stir over heat, without boiling, until sugar is dissolved.
- Bring to boil, simmer gently, uncovered, without stirring for 5 minutes.
- Gently stir in remaining ingredients.
- Press mixture into prepared pan; refrigerate until firm.

## NUTRIENT CHART

*NOTE: All amounts are for 100gram edible portions.*

	KJ	Fat g	Protein g	Carbohydrates g	Cal mg	Mag mg	Sel mcg	Potas mg	Vit. A IU	Vit. B1 mg	Vit. B2 mg
<b>Brazils</b>	2600	66	14	10	187	225	900	715		0.97	0.12
<b>Pistachios</b>	2410	48	21	25	135	150		960	230	0.65	
<b>Cashews</b>	2200	62	12	29	38	267		464	100	0.43	0.27
<b>Almonds</b>	2400	54	19	19	234	270		650		0.24	0.93
<b>Hazelnuts</b>	2600	62	12	18	200	184		60		0.46	
<b>Macadamia</b>	2900	74	8	14	70	115		340		0.22	0.12
<b>A.B.C. (Almond Brazil &amp; Cashew)</b>	2540	55	17	22	162	260	300	610			

## FATS Composition - BREAKDOWN

	Mono-unsaturated	Poly-unsaturated	Saturated
<b>Brazils</b>	32gm	17gm	13gm
<b>Pistachios</b>	35gm	10gm	3gm
<b>Cashews</b>	36gm	11gm	4gm
<b>Almonds</b>	37gm	12gm	5gm
<b>Hazelnuts</b>	36gm	11gm	4gm
<b>Macadamia</b>	64gm	0.4gm	10gm
<b>A.B.C. (Almond Brazil &amp; Cashew)</b>	34gm	12gm	9gm

\*NOTE: kJ=Kilojoules, Cal=Calcium, Mag=Magnesium, Sel=Selenium, Potas=Potassium

*NOTE: All amounts are for 100gram edible portions.*