

AUSTRALIAN MADE

melrose

nut spreads

Available in:

Brazil

Pistachio

Cashew

Almond

Hazelnut

ABC

Macadamia

14 Delicious Recipes to Try

Macadamia spread

MACADAMIA (*M.intergrifolia*, *M.tetraphylla*)

Named by the botanist Ferdinand von Mueller in honour of his friend Dr John Macadam of Melbourne. Macadamias are native to south east Queensland and north eastern New South Wales, growing in rain forests, in moist places and along stream banks. Macadamia nuts have a very hard seed coat enclosed in a green husk that splits open as the nut matures. Macadamias are large, spreading evergreen trees reaching 15 to 20 metres high and almost as wide. The flowers are about 1cm long, are perfect but incomplete in that they have no petals, but four petaloid sepals, *M.intergrifolia* has creamy white flowers borne in clusters 15 to 30cm long, while the flowers of *M.tetraphylla* are cream-coloured or pink, borne in clusters up to 15 inches long. Macadamias can self pollinate, also wind may play some role, but bees apparently are the major agent in pollination. Cross pollination by hand has been shown to increase nut set and quality.

The macadamia was introduced into Hawaii about 1881 where it was used as an ornamental and for reforestation. In 1948 the Hawaii Agricultural Experiment Station named and introduced several promising varieties which led to the modern macadamia industry in Hawaii. In California two seedlings were planted in the early 1880's and are still standing on the Berkeley campus of the University of California.



Macadamias contain an astonishing 74% oil, most of the oil being mono-unsaturated

Macadamia Spread Recipes

Delicious Vegies

1 Tlbsp Melrose Macadamia Oil
12 baby carrots
12 baby zucchini
¼ cup Melrose Macadamia Spread

- Heat a large pan over moderate heat
- Add macadamia oil and heat
- Put in carrots and cook for 4 minutes
- Add zucchini and macadamia spread, cook for a further 10 minutes, stirring until vegetables are tender.

Melrose Macadamia and Mixed Berry Muffins

1½ cups Four Leaf self raising flour
½ cup Four Leaf light flour
⅓ cup Melrose Macadamia Spread
3 cups fresh or frozen mixed berries
½ cup Melrose Macadamia Oil
½ cup Melrose Pear Juice Concentrate
¾ cup Australia's Own organic premium soy milk
2 eggs
Whole macadamia nuts

- Preheat oven 180°C, grease muffin tray.
- Sift the self raising and light flour into a bowl add macadamia spread and mixed berries.
- Into a jug combine macadamia oil, pear juice concentrate, soy milk and eggs.
- Pour wet mixture into the bowl of flours, macadamia spread and mixed berries. Stir until combined.
- Spoon into muffin tray, top with a whole macadamia nut.
- Bake in moderate oven 20-25 minutes or until golden.
- When cooked remove from tray and cool on a wire rack.

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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
Brazils	2600	66	14	10	187	225	900	715		0.97	0.12
Pistachios	2410	48	21	25	135	150		960	230	0.65	
Cashews	2200	62	12	29	38	267		464	100	0.43	0.27
Almonds	2400	54	19	19	234	270		650		0.24	0.93
Hazelnuts	2600	62	12	18	200	184		60		0.46	
Macadamia	2900	74	8	14	70	115		340		0.22	0.12
A.B.C. (Almond Brazil & Cashew)	2540	55	17	22	162	260	300	610			

FATS Composition - BREAKDOWN

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

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

NOTE: All amounts are for 100gram edible portions.