



W C I N

PRODUCT
2022
CATALOGUE

F O O D S . C O M



MINDFUL EATING MATTERS

ARTISANAL MACADAMIA PRODUCTS MADE WITH YOU IN MIND

The van der Westhuizen clan has been farming macadamias for over 15 years on their two farms located in the Alkmaar region of the Mpumalanga province of the Lowveld. Like many macs produced in South Africa, most of the nuts we produce are exported to China, Europe, the UK and the USA as a “raw” nut in-shell or a whole nut product. But we imagined so much more!

It’s no secret that we love to eat and as foodies who love hosting and a good cook-up with wine in hand, we tinkered with ingredients, began experimenting with recipes using macadamia nuts and discovered that the possibilities are endless! And that’s how the Niice Foods brand was born - officially launched in February 2020.

Our vision is to create versatile, flavour-packed, macadamia-inspired artisanal products that are good for you, delicious to eat, and contribute to a mindful approach to eating.

Why does a mindful approach to eating matter? We’re glad you asked!

Mindful eating is about choosing foods that are healthy and not harmful to our environment. There

is a significant global shift toward more plant-based diets and an increase in ethics and awareness about traceability, animal welfare, environmental management and how and where our food comes from.

All of our locally grown and made macadamia products are mindfully produced. Our macadamia dukkahs, cold pressed extra virgin macadamia oil, mac-parma cheez, and nut butters are all handmade in small batches and are vegan, cholesterol free, dairy free, Paleo, Keto and Banting diet friendly. And if you’re wondering why we’re so intentional about developing our products focusing on macadamia nuts, we have some great info about the many health benefits of consuming this amazing seed.

We’re passionate about our brand and we love creating and hand making our premium macadamia products for you to eat, share and enjoy with family and friends...

Local **IS** lekker...

Peace and love,
Taryn & Stef



H786/NR 63

HEALTH BENEFITS OF MACADAMIAS

Macadamia nuts are high in healthy fats with the best ratio of Omega 3 to 6, more specifically containing 20% palmitoleic acid (Omega 7), 60% oleic acid (Omega 9). All these good monounsaturated fats make them nutrient dense and high in protein but low in carbs. This makes them great for people who are eating consciously, whether that be for losing weight, improving heart and gut health, or incorporating more plant-based meals for a flexitarian or vegan lifestyle. Here are just some of the reasons why eating more macadamia nuts is a nice way to be healthier:

Lowers the risk of heart disease

Macadamia nuts are not only cholesterol free, but also contain palmitoleic acid which reduces blood vessel swelling. This may decrease the chances of developing high blood pressure and heart disease.

Improves metabolic syndrome

Metabolic syndrome is a group of conditions that includes high blood pressure, high blood sugar, low levels of HDL cholesterol, high triglycerides, and excess belly fat. These conditions can increase the risk of diabetes, stroke, and heart disease. Some research suggests that the Monounsaturated fatty acids present in macadamia nuts may help lower the risk of metabolic syndrome or reduce its effects in people who already have it.

Anti-cancer properties

Macadamia nuts contain plant antioxidant compounds called flavonoids, which can fight cancer by destroying damaging free radicals in the body. They also contain a type of vitamin E called tocotrienols that may have powerful anticancer abilities, according to some research.

Protects the brain

When it comes to protecting the brain, the tocotrienols in macadamia nuts also protect brain cells from the effects of glutamate, which may play a role in the development of Alzheimer's disease and Parkinson's disease. And oleic acid can protect the brain from certain kinds of oxidative stress.

Reduces inflammation

Palmitoleic acid may decrease inflammation in the gut and eyes. Specifically, it has been shown to help those suffering from ulcerative colitis, a kind of inflammatory bowel disease. It may also suppress inflammatory cytokines and improve insulin sensitivity in individuals with fatty liver disease.

May prevent weight gain

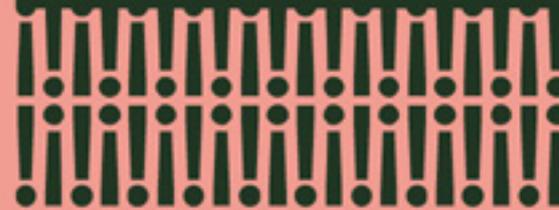
Eating macadamia nuts can help to regulate blood glucose levels which improves insulin sensitivity and reduces the risk of insulin resistance. According to various studies, omega-7 fatty acids may even increase the metabolism of glucose.

Stave off hunger

Macadamia nuts contain protein, high amounts of beneficial fats, and fibre. Together, these nutrients can help a person feel full for longer by keeping blood-sugar levels stable.

NIICE PRODUCT CHECKLIST:

- ✓ Vegan
- ✓ Keto, Paleo & Banting
- ✓ Gluten free
- ✓ Dairy free
- ✓ Cholesterol free
- ✓ Nutrient dense
- ✓ High fibre
- ✓ High protein
- ✓ Low carb
- ✓ Natural probiotic
- ✓ Best Omega 3 to 6 ratio
- ✓ High in Omega 7 & 9



NUTRITIONAL VALUES: MACADAMIA NUTS

	Amount Per 100g	%Daily Value*
Calories	718	
Total Fat	76g	116%
Saturated fat	12g	60%
Polyunsaturated fat	1,5g	
Monounsaturated fat	59g	
Cholesterol	0mg	0%
Sodium	5mg	0%
Potassium	368mg	10%
Total Carbohydrate	14g	4%
Dietary fibre	9g	36%
Sugar	4,6g	
Protein	8 g	16%
Vitamin A		0%
Vitamin C		2%
Calcium		8%
Iron		20%
Vitamin D		0%
Vitamin B-6		15%
Cobalamin		0%
Magnesium		32%

*Per cent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

MAC-KAH® MACADAMIA DUKKAH

WHAT'S THE DEAL WITH MAC-KAH®?

Our trademarked macadamia dukkah is made with roasted ground macadamia nuts and sesame seeds, and blended with a myriad of freshly ground non irradiated spices. Our versions are more spice rich and fragrant than the traditional dukkah's. You can use them on finished food to add crunch, flavour depth and spice or use them during cooking by adding them to meats, vegetables and bakes. Sprinkle them on everything! Our Mac-Kah® range is 100% plant based (Vegan) and gluten free.

HOW DO YOU USE MAC-KAH®?

Mac-Kah® is ready-to-eat, and you can use them during cooking or sprinkle it over your food to add texture, flavour and depth. Serve as a starter together with breads with a dipping oil. Use as a crust for roast veg, potatoes and on fish, lamb or chicken, add to stuffings, dips, sprinkle on soups, omelettes, egg dishes, pasta, bruschetta, cheese boards and salads before serving. Adds crunch, depth, flavour, spice and complexity to so many foods.

Sold as: 100g nett glass jars



CHIPOTLE CHILLI MAC-KAH®

Dominant flavour profile of smoked paprika, cayenne, ground chillies and chilli flakes.

Ingredients: Roasted macadamia nuts, sesame seeds, ground cumin, cumin seeds, ground coriander, ground ginger, smoked paprika, cayenne pepper, chilli powder, chilli flakes, fennel seeds, garlic powder, onion powder, black pepper, brown sugar, Himalayan salt.

Allergens: Tree nuts (macadamia nuts); sesame seeds.

This flavour is best with: Cheese boards, bolognese, lasagne, nachos, sprinkled over salads and roasted vegetables, chickpeas, dips, a stuffing for chicken breasts, add to burger patties, toasted cheese sandwiches, pastas or sprinkle over soups or mac and cheese.



DURBAN CURRY MAC-KAH®

Dominant flavour profile of turmeric and ginger.

Ingredients: Roasted macadamia nuts, sesame seeds, ground cumin, cumin seeds, ground turmeric, ground ginger, ground coriander, fennel seeds, caraway seeds, celery powder, garlic powder, onion powder, black pepper, brown sugar, Himalayan salt.

Allergens: Tree nuts (macadamia nuts); sesame seeds.

This flavour is best with: Roast sweet potato, Mediterranean veggies, egg dishes, bobotie, chicken, cheese boards, curries, rice dishes, cauliflower, pastas, chickpeas, fish and beans.



NORTH AFRICAN MAC-KAH®

Dominant flavour profile of cumin, cinnamon & ginger.

Ingredients: Roasted macadamia nuts, sesame seeds, ground cumin, cumin seeds, cinnamon, ginger, fennel seeds, garlic powder, onion powder, black pepper, brown sugar, Himalayan salt.

Allergens: Tree nuts (macadamia nuts); sesame seeds.

This flavour is best with: Roast butternut, sweet potatoes and other oven roasted veggies, roast potatoes, lamb, cheese boards, curries, rice dishes, sprinkled over salads and roasted peppers, chickpeas, dips, salmon and vegetable stew.

COLD PRESSED EXTRA VIRGIN MACADAMIA OIL



WHAT IS IT?

An extra virgin and cold pressed oil, made only from macadamia nuts. We use the hydraulic pressing method, and no chemicals or solvents are used for extraction or at any point during manufacture. Our macadamia oil is a premium quality, all purpose cooking oil suitable for deep frying, sautéing, braising, baking, salad dressings, dipping and drizzling.

HOW DO YOU USE THIS OIL?

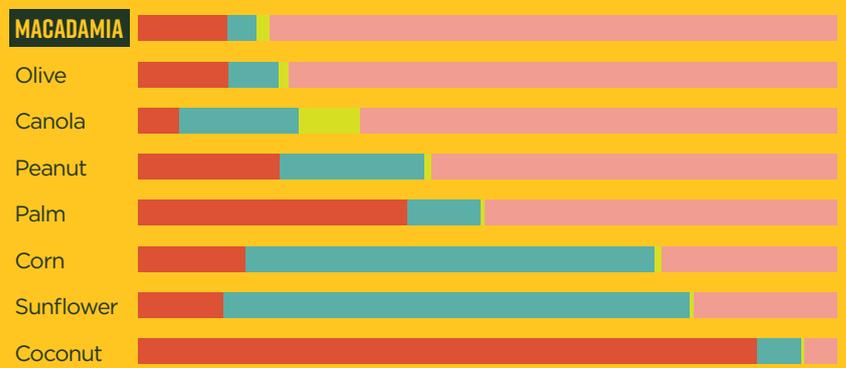
This multi-purpose cooking oil is very stable with a high smoke point of 210°C making it perfect for deep frying, stir frying as well as baking, salad dressings and marinades. High in heart healthy Omega 3 and 7 and cholesterol free, macadamia oil is neutral with a light nutty flavour.

Sold as: 750ml glass bottles. Also available in 5litre plastic containers.

Ingredients: Extra virgin, cold pressed macadamia nut oil. That's all.

Allergens: Tree nuts (macadamia nuts).

HOW DOES IT COMPARE TO OTHER COOKING OILS?



REFERENCE: AGRICULTURAL HANDBOOK NO. 8-4. HUMAN NUTRITIONAL INFORMATION SERVICE, USA.

☹️ Saturated Fat
☹️ Omega 6
😊 Omega 3
😊 Monounsaturated



MAC-PARMA CHEEZ[®] VEGAN MACADAMIA “PARMESAN”

WHAT IS MAC-PARMA CHEEZ[®]?

100% Vegan / Vegetarian dairy-free and gluten-free plant-based macadamia “Parmesan” style cheese – and it’s packed full of flavour. Made with dry roasted macadamia nuts, nutritional yeast and other spices, it adds flavour, depth and salty umami to your dishes.

HOW DO YOU USE MAC-PARMA CHEEZ[®]?

This super tasty cheesy alternative is delicious sprinkled over lasagne and other pasta bakes, pastas, pizzas, gnocchi, gratins, roast potatoes, fried egg and egg dishes, steamed or roasted vegetables, salads, soups and popcorn!

Sold as: 100g nett, glass jars.

Ingredients: Dry roasted macadamia nuts, nutritional yeast, garlic powder, onion powder, Himalayan pink salt.

Allergens: Tree nuts (macadamia nuts).



CRUNCHY MAC BUTTER

WHAT IS IT?

A crunchy textured nut butter made from dry roasted macadamia nuts.

HOW DO YOU USE IT?

A healthy, versatile, delicious and naturally sweet nut butter that is awesome smeared on toast, added to smoothies and shakes as well as for use in baking, cooking, sauces and dressings.

Sold as: 250g nett, glass jars.

Ingredients: Dry roasted macadamia nuts.

Allergens: Tree nuts (macadamia nuts).

SMOOTH MAC BUTTER

WHAT IS IT?

A smooth, creamy textured nut butter made from dry roasted macadamia nuts.

HOW DO YOU USE IT?

A healthy, versatile, delicious and naturally sweet nut butter that is awesome smeared on toast or breads, poured over ice cream, added to smoothies and shakes as well as for use in baking, cooking, sauces and dressings. Can also be used to make your own natural, raw Mac nut milk.

Sold as: 250g nett, glass jars.

Ingredients: Dry roasted macadamia nuts.

Allergens: Tree nuts (macadamia nuts).



RECIPES FOR MINDFUL EATING

DELICIOUS WAYS TO USE NIICE PRODUCTS AND REAP ALL THE HEALTH BENEFITS



READY IN:
70 MINUTES

PREP TIME:
10 MINUTES

BAKE:
50 -60 MINUTES

MACADAMIA BANANA LOAF

METHOD:

- 1) Preheat oven to **150°C**.
- 2) Combine the macadamia oil, brown sugar, yogurt/milk, vanilla extract, salt and mashed bananas in a mixing bowl.
- 3) Add baking soda and sifted flour to the wet mixture and gently fold in.
- 4) Add macadamia nuts.
- 5) Line a loaf pan with baking parchment. Coat with non-stick spray.
- 6) Bake for approximately **50-60 min until the loaf is golden brown and a skewer comes out clean**. Allow loaf to cool in the pan for a bit before removing and allowing to cool on a rack.

Slice the loaf and slather with fresh grass fed, cold organic butter and eat!

INGREDIENTS

- 3-4 Mashed overripe bananas
- 2 Large eggs
- 1 ¾ cup Self raising flour
- 1 cup Light brown sugar
- ¼ cup Niice Foods Macadamia Oil
- ¼ cup Yoghurt or milk
- 1 tsp Vanilla extract
- 1 tsp Baking soda
- Pinch of salt
- ½ cup Plain raw macadamia nuts, roughly chopped



READY IN:
50 MINUTES

PREP TIME:
10 MINUTES

COOK:
30 -40 MINUTES

ROAST BRINJAL WITH CHIPOTLE CHILLI MAC-KAH®



METHOD:

- 1) Preheat the oven to **180°C** (fan-assisted).
- 2) Peel and slice brinjals into **15mm-thick slices**.
- 3) Cover slices with salt and sweat for **30-60 min** to remove bitter juices.
- 4) Rinse brinjal with water and pat with a towel until dry.
- 5) In a roasting tray, coat the slices on both sides with a generous amount of macadamia oil and Mac-Kah®. Roast for **30-40 min** turning the slices over halfway.
- 6) Serve with hummus, roti and falafel/vegetarian patties.

INGREDIENTS

- 2-4 Medium brinjal (or mixed veggies)
- Himalayan salt
- Niice Foods Chipotle Chilli Mac-Kah®
- Niice Foods Macadamia Oil



CHARDY'S AVO TOAST WITH MAC-PARMA CHEEZ®

READY IN:
10 MINUTES

SERVES:
2 PEOPLE

VEGAN FRIENDLY



METHOD:

- 1) Cut, peel, and roughly smash the avo with a fork.
- 2) Add to that the wine wine vinegar, lemon zest, oil and mix.
- 3) Mix in Mac Parma Cheez®.
- 4) Toast your bread and drizzle with macadamia oil.
- 5) Schmeare avo mix generously over toasted bread.
- 6) Sprinkle with more Mac Parma Cheez® and black pepper - add a few drops of tabasco if you're feeling spicy!
- 7) Transfer to plates, serve and enjoy immediately.

INGREDIENTS

- Ripe but firm avocado
- 1 Tbs White wine vinegar
- 2 Tbs Niice Foods Mac-Parma Cheez®
- Finely grated lemon zest
- 1 Tbs Niice Foods Macadamia Oil
- 2 Slices of bread (we love seeded)
- Black pepper to taste





**READY IN:
5 MINUTES**

**MAKES +/-600ML
NUT MILK**

**CAN BE
FLAVOURED**

MACADAMIA NUT AND DATE MILK



METHOD:

- 1) To the blender cup add the water, mac butter and dates. Blend well for +/- 1 min or until incorporated.
- 2) Strain into glass jars using a fine sieve or muslin cloth - finer means a silkier milk.
- 3) Serve cold with a sprinkle of cinnamon or nutmeg.

Shake each time before you use as separation will occur.

INGREDIENTS

- 500ml Filtered cold water
- ½ cup Niice Foods Smooth Mac Butter
- 3-4 Soft eating dates for sweetness
- *For flavoured milk: 5ml Vanilla extract; or honey; or cocoa powder*
- *Requires immersion blender, fine sieve or muslin cloth*



**READY IN:
5 MINUTES**

**MAXIMUM
MACADAMIA
GOODNESS!**

MAC-NUT HUMMUS WITH MAC-KAH® SPRINKLE



METHOD:

- 1) Add all ingredients to a food processor and blend until smooth and creamy. If needed, add more lemon juice or water to thin out the mixture.
- 2) Check seasoning to taste.
- 3) Sprinkle your favourite Mac-Kah® over the hummus just before serving.

Plays nice with roti, ciabatta, falafel and other dips.

INGREDIENTS

- 1 Can of chickpeas drained & rinsed
- 2-4 Tbs Water
- 2 Tbs Niice Foods Macadamia Oil
- 2 Tbs Niice Foods Smooth Mac Butter
- Niice Foods Mac-Kah® of your choice
- 2 Tbs Lemon juice
- 1 Garlic clove, minced
- ¾ tsp Ground cumin
- ½ tsp Salt



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