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F O O D S . C O M

PRODUCT
2023
CATALOGUE



HERE'S WHY WE'RE SO

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ABOUT US

The van der Westhuizen clan has been farming macadamias for over 20 years on their two farms located in the Alkmaar region of the Mpumalanga province of the Lowveld. Like many macadamias produced in South Africa, most of the nuts that our farms produce are exported as “raw” nuts in-shell or whole nut product.

We imagined so much more!

It is no secret that we love to eat, and as passionate foodies who enjoy hosting and cooking with a glass of wine in hand, we began tinkering with our macadamias and experimenting with recipes. Through exploration, we discovered a myriad of possibilities, founding the Niice Foods brand in 2019.

ARTISANAL VALUE-ADDED MACADAMIA PRODUCTS

Our vision is to create macadamia-inspired artisanal products that are packed with flavor, delicious to eat, and good for you. We firmly believe in the global shift towards more authentic plant-based diets and the growing emphasis on ethics, food safety, traceability, and environmental welfare.

Niice Foods is committed to local production. We create and hand-make premium and authentic South African macadamia products to share and enjoy with our friends, family, and the rest of the world.

Local is very lekker...

Much love,

Taryn & Stef



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

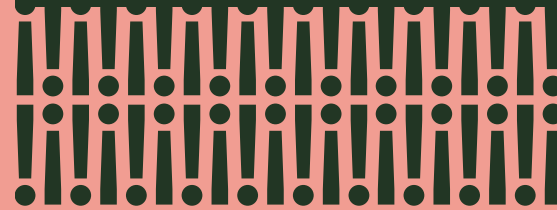
Eating macadamia nuts can help to regulate blood glucose levels which improves insulin sensitivity and reduces the risk of insulin resistance. According to various studies, omega-7 fatty acids may even increase the metabolism of glucose.

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:

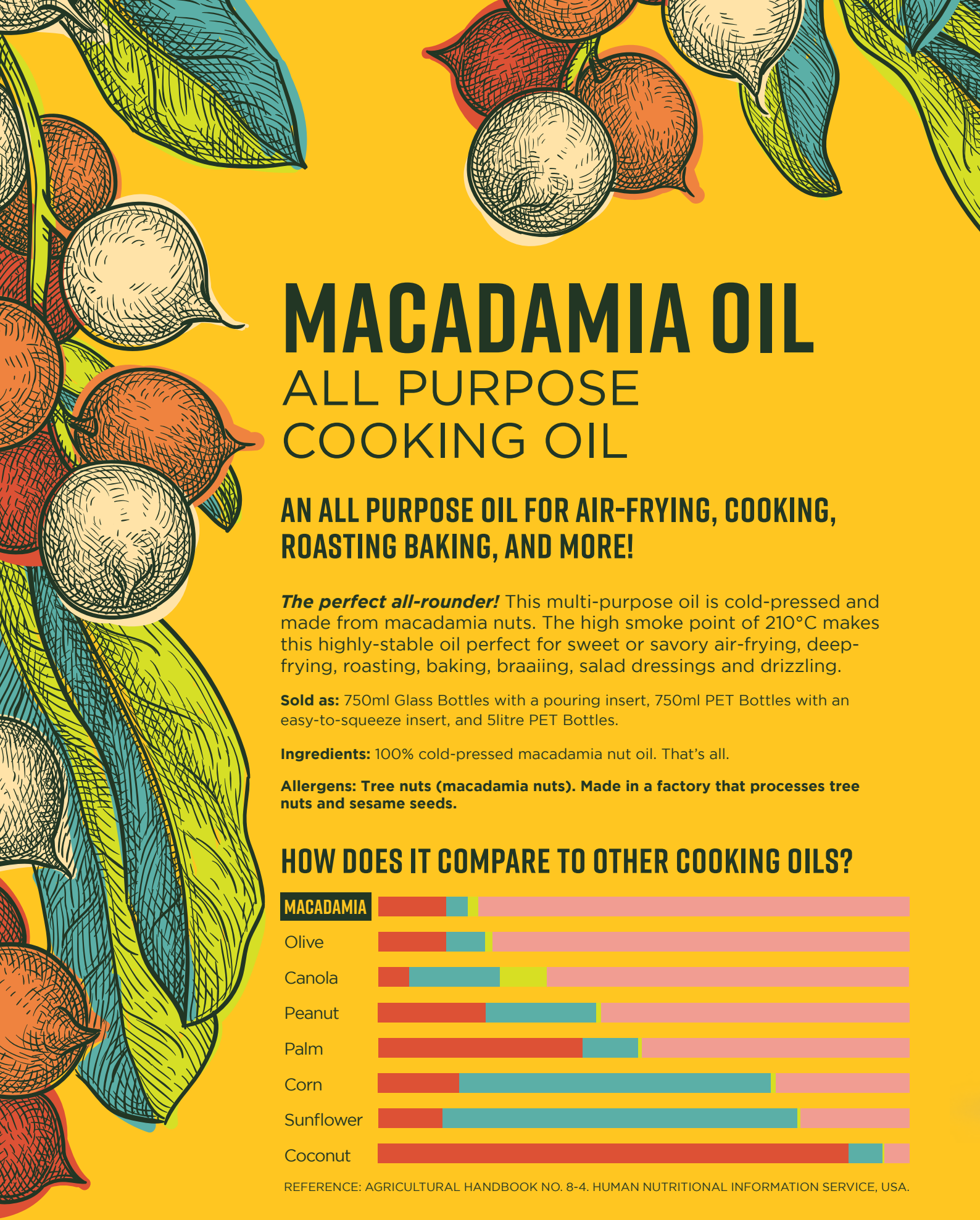
- ✓ Vegan
- ✓ Keto, Paleo & Banting
- ✓ Gluten free
- ✓ Dairy free
- ✓ Nutrient dense
- ✓ High fibre
- ✓ High protein
- ✓ Low carb
- ✓ Natural probiotic
- ✓ Best Omega 3 to 6 ratio
- ✓ High in Omega 7 & 9



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.



MACADAMIA OIL

ALL PURPOSE COOKING OIL

AN ALL PURPOSE OIL FOR AIR-FRYING, COOKING, ROASTING BAKING, AND MORE!

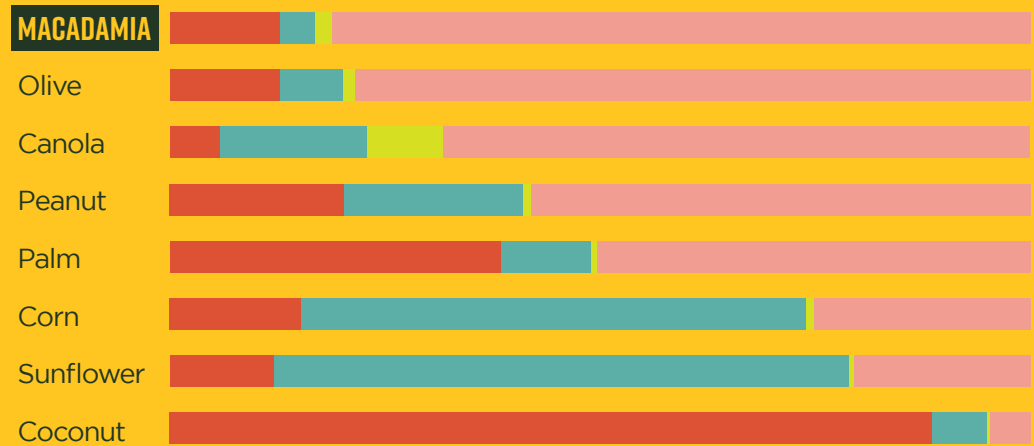
The perfect all-rounder! This multi-purpose oil is cold-pressed and made from macadamia nuts. The high smoke point of 210°C makes this highly-stable oil perfect for sweet or savory air-frying, deep-frying, roasting, baking, braaiing, salad dressings and drizzling.

Sold as: 750ml Glass Bottles with a pouring insert, 750ml PET Bottles with an easy-to-squeeze insert, and 5litre PET Bottles.

Ingredients: 100% cold-pressed macadamia nut oil. That's all.

Allergens: Tree nuts (macadamia nuts). Made in a factory that processes tree nuts and sesame seeds.

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



- ✓ Mild, neutral, nutty flavour
- ✓ Cold pressed
- ✓ Naturally cholesterol free
- ✓ Air frying & ANY frying
- ✓ Drizzling & dressings
- ✓ Braaing & grilling
- ✓ Sweet & savoury baking



CRUNCHY MACADAMIA NUT BUTTER DRY ROASTED

CRUNCHY AND NUTTY

A dry-roasted macadamia nut butter with added roasted macadamia nibs that can be used as a spread; added to shakes and smoothies for a protein boost; and used for baking, cooking, sauces, and dressings.

Sold as: 250g net Glass Jars.

Ingredients: Dry roasted macadamia nuts (100%).

Allergens: Tree nuts (macadamia nuts).

Made in a factory that processes tree nuts and sesame seeds.

SMOOTH MACADAMIA NUT BUTTER DRY ROASTED

CREAMY AND VERSATILE

A smooth and creamy, dry-roasted macadamia nut butter that can be used as a spread; added to shakes and smoothies for a protein boost; and used for baking, cooking, sauces, and dressings.

Sold as: 250g net Glass Jars.

Ingredients: Dry roasted macadamia nuts (100%).

Allergens: Tree nuts (macadamia nuts).

Made in a factory that processes tree nuts and sesame seeds.





MAC-SPRINKLE

ALL PURPOSE CHEESY,
SAVOURY SEASONING
WITHOUT THE DAIRY

DAIRY FREE, VEGAN, AND GLUTEN FREE!

Delicious meets healthy! This 100% plant based, super tasty, all purpose seasoning sprinkle is made from macadamia nuts. Mac-sprinkle adds extra umami and savoury depth to your dishes. Shake over pasta, pizza, gratins, roasted or steamed veggies, salads, soups, avo on toast, and even popcorn!

Sold as: 85g net Shaker Canister.

Ingredients: Macadamia nuts (71%), Nutritional yeast, Onion powder, Salt, Garlic powder.

Allergens: Tree nuts (macadamia nuts). Made in a factory that processes tree nuts and sesame seeds.



RECIPES FOR MINDFUL EATING

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



MACADAMIA BANANA LOAF



READY IN:
70 MINUTES

PREP TIME:
10 MINUTES

BAKE:
50 -60 MINUTES

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



READY IN:
10 MINUTES

SERVES:
2 PEOPLE

**VEGAN
FRIENDLY**

CHARDY'S AVO TOAST WITH MAC-SPRINKLE

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-Sprinkle.
- 4) Toast your bread and drizzle with macadamia oil.
- 5) Schmeare avo mix generously over toasted bread.
- 6) Sprinkle with more Mac-Sprinkle 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 Sprinkle
- Finely grated lemon zest
- 1 Tbs Niice Foods Macadamia Oil
- 2 Slices of bread (*we love seeded*)
- Black pepper to taste



MACADAMIA NUT AND DATE MILK



**READY IN:
5 MINUTES**

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

**CAN BE
FLAVOURED**

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 Macadamia Nut 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*



MAC-NUT HUMMUS WITH MAC-KAH® SPRINKLE



**READY IN:
5 MINUTES**

**MAXIMUM
MACADAMIA
GOODNESS!**

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



N!ICE
FOODS.COM

WANT TO STOCK NIICE FOODS PRODUCTS?

Do you have a retail store, online store, health store, deli or pharmacy and wish to become a reseller? We offer a great reseller opportunity. E-mail us at hello@niicefoods.com for more info. Don't forget to follow us on social media!

www.niicefoods.com

+27 66 202 1571

@niicefoods



H786/NR 63



MADE IN
SOUTH
AFRICA