

## Delicious Vegies

- 1 Tlbsp Melrose Macadamia Oil
- 12 baby carrots
- 12 baby zucchini
- 1/4 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

- 1 1/2 cups Four Leaf self raising flour
- 1/2 cup Four Leaf light flour
- 1/3 cup Melrose Macadamia Spread
- 3 cups fresh or frozen mixed berries
- 1/2 cup Melrose Macadamia Oil
- 1/2 cup Melrose Pear Juice Concentrate
- 3/4 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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