

Holiday Hints

Macadamia Nuts: The “Loa” Carb Indulgence

(NAPSA)—Can Hawaiian macadamia nuts—so rich, so tasty, so indulgent—actually be nutritionally good for you, too? The answer is a resounding “*ae*” (Hawaiian for yes), as medical studies now rank macadamias as among the healthiest nuts on the planet.

Naturally low in carbohydrates and containing 80 percent of monounsaturated fat (“the good fat”), Hawaiian-grown Mauna Loa Macadamia Nuts are a delicious nutritional snack for those on today’s popular low-carbohydrate diets.

For the estimated 15 to 30 million Americans who are watching their weight by watching their carbs, macadamias make delicious snacking sense. Completely cholesterol free, naturally high in monounsaturated fat, and with just four grams of carbohydrates per $\frac{1}{4}$ cup serving, macadamias are among the tastiest, most nutritious nuts around.

A 2000 study by researchers at the University of Hawaii Medical School suggests that replacing saturated fat in the typical American diet with the high level of monounsaturated fat found in dry roasted macadamia nuts actually reduces cholesterol levels and may help lower the risk of heart disease. The results of the study also confirmed that macadamia nuts have nutritional and dietary benefits equal to or better than olive oil and other tree nuts—long the staples of the medically acclaimed “Mediterranean Diet.”

Another recent study at the University of Newcastle in Australia noted that not only do macadamias lower the level of bad cholesterol, but they increase levels of good cholesterol. The researchers further found that macadamia nuts did not contribute to any weight gain, despite an increase in fat intake.

Combine the low-carb, high-nutritional benefits of Mauna Loa Macadamia Nuts with their rich, delicious taste, and you’ve got a recipe for holiday snacking and entertaining success. Try this delicious macadamia nut snacking suggestion that you and your holiday guests—dieting or otherwise—are sure to enjoy:



Macadamia nuts are a healthy, low-carb holiday snack.

**Mauna Loa®
“Loa” Carb Hawaiian Spice
Macadamia Nuts**
Makes 8 servings

**2 cups Mauna Loa Dry
Roasted Macadamia Nuts**
1 egg white
1 Tbsp. water
3 packets sugar substitute
1 tsp. salt
 $\frac{1}{4}$ **tsp. pepper**
 $\frac{1}{4}$ **tsp. cayenne pepper**
 $\frac{1}{4}$ **tsp. ground cumin**
 $\frac{1}{4}$ **tsp. ground cinnamon**
 $\frac{1}{4}$ **tsp. nutmeg**
 $\frac{1}{4}$ **tsp. ginger**

1. Heat oven to 275°F. Line a baking sheet with aluminum foil, spray with nonstick cooking spray.

2. In a large bowl, mix all ingredients except nuts. Add nuts; mix until evenly coated.

3. Spread nuts in a single layer on prepared baking sheet. Bake 25-30 minutes until golden brown. Store in airtight container.

Nutritional information (per $\frac{1}{4}$ cup serving): Carbohydrates: 4g; Fiber: 2g; Net carbs: 2g; Protein: 2g; Total fat: 19g; Monounsaturated fat: 15g.

For more delicious macadamia nut recipes, visit www.maunaloa.com.