

Spicy Macadamia Nuts Low-Carb Recipe



This addictive keto recipe blends the garlicky, spicy, & zingy flavors scrumptiously. Garlic & habanero being carb-free can work well with other nuts too.

Ingredients for 2 serving (US/Metric)

- 1 *pieces* Garlic Cloves
- 19g / 0.7oz Chiles Habanero
- 51g / 1.8oz Macadamia nuts
- Kosher Salt
- 0.5 *tbsp* Olive oil

Nutrition (US/Metric)

- **Protein:** 3%
- **Fat:** 86%
- **Net carbs:** 10%

Instructions

1. Set the oven for preheating at 350°F.
2. Dry roast the garlic & habanero chilies at medium heat for 5-7 minutes. Ground to a smooth paste.
3. Mix the macadamia nuts, olive oil, & salt into the chili garlic paste.
4. Bake for 20 minutes, let cool, and serve!