

SALTBUSH GROUND Australian Native Herb 20g



Price: \$7.55

SKU: SKU66812

Product Categories: [Australian Native Spices](#), [Herbs](#)

Product Tags: [s](#)

Product Page:

<https://www.herbies.com.au/shop/herbs-and-spices/herbs/saltbush-ground-australian-native-herb-20g>

Product Summary

Australian Native Saltbush has 20% less sodium than table salt. (SML PKT)

Product Description

Australian Native Saltbush (*Atriplex nummularia*) has 20% less sodium than table salt. (SML PKT)

Description & Use:

Also known as Old Man Saltbush

May be used as a salt substitute.

Product of Australia.

AUSSIE-SPICED MACADAMIAS

1 cup raw shelled macadamias,

1 tsp Herbie's Spices saltbush,

1/2 tsp Herbie's Spices ground wattleseed,

1/4 tsp Herbie's Spices akudjura,

1/2 tsp Herbie's Spices ground coriander seed,

1/4 tsp brown sugar,

1/4 tsp Herbie's Spices Kashmiri chilli powder,

1/2 tsp salt (optional)

2 tsp macadamia or olive oil

Heat oven to 200 C. Combine the spices and sugar in a bowl with the oil, add the nuts and stir well to combine.

Lightly oil an oven tray and spread the nuts in a single layer.

Bake for 15 minutes, removing the tray to shake and turn the nuts once or twice, until nuts just begin to colour.

Once cool, store airtight, or serve straight from the oven.

Nutritional Information: (Saltbush Only)

Per 100g

Energy (kj)

1380

Protein (g)

28.5

Fat (g) Total

9

Fat (g) Saturated

1.5

Carbohydrate (g)

33

Sugars (g)

0

Sodium (mg)

7400

Product Attributes

- Dimensions: N/A
- Weight: 0.04 kg