

AMAZING ALMONDS

Fiber, protein, magnesium and vitamins, almonds can play an essential role in a healthy diet. Not only do they lower blood sugar, cholesterol levels and blood pressure, they can be used as a delicious replacement for flour for gluten-free and paleo recipes.

SIMPLE WAYS TO ADD ALMONDS TO YOUR DIET:

Almond butter



- Toss roasted slivers onto salads and soups
- Sprinkle chopped almonds on oatmeal
- Mix into yogurt
- Boost your smoothie with a handful
- Add chopped nuts to the filling for enchiladas

STORING ALMONDS

Buy nuts in bulk and from a store with a high turnover of products.

Store almonds in a cool dark place, free of moisture and well-sealed and use within a few weeks.

Almonds can be refrigerated or frozen to maintain freshness for 6-12 months.

Place opened jars of almond butter in the refrigerator.

NUTRITIONAL PROFILE OF ONE SERVING (23 ALMONDS):

- Fiber: 3.5 grams
- Protein: 6 grams
- Fat: 14 grams (9 of which are monounsaturated)
- Vitamin E: 37% of the RDI
- Manganese: 32% of the RDI
- Magnesium: 20% of the RDI



HOW THEY GROW

Almonds grow in warmer climates, think the Mediterranean and California, on trees that reach up to 30' at full maturity. Bees are the great pollinators of almond trees and are trucked in to perform their essential task by larger almond growers. The fruit ripens in autumn when the hull splits and allows the kernel (nut) to dry before harvest.



DIFFERENT STYLES OF ALMONDS

Use raw almonds for almond milk and butter. (Note, US law requires all commercially sold almonds be pasteurized.

Look for a local organic farmer to find truly raw nuts.)

Roasted almonds are the nuts most of us grab by the handful.

Try chopped almonds to replace walnuts or pecans.



Almond slivers make the perfect salad and soup condiment.

Almond meal, also known as almond flour, can be used to replace many grains in baked goods.



Almond milk is a delicious replacement for dairy milk and one you can make yourself at home. Check out this link for an easy recipe.

<https://www.thekitchn.com/how-to-make-almond-milk-at-home-cooking-lessons-from-the-kitchn-189996>



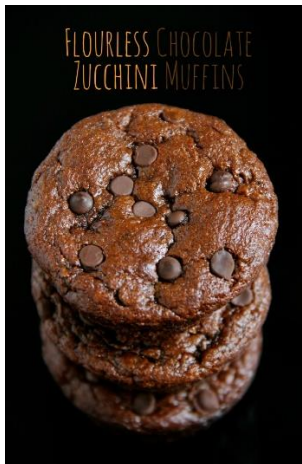
MARCONA ALMONDS

Called the “Queen of Almonds”, Marconas come from Spain and have a sweeter, smoother flavor to the nuts we are more familiar with, they are also shorter and rounder. The most usual way to buy them in America is roasted and lightly coated in olive oil and salt and, despite the higher cost, they may become your new favorite snack.



MY FAVORITE RECIPES

Flourless Chocolate Zucchini Muffins – so good they taste like brownies. From Running with Spoons



<http://www.runningwithspoons.com/2015/06/05/flourless-chocolate-zucchini-muffins/>

Paleo Pizza Crust. I know, sounds weird, right? BEST pizza dough ever!! And really easy to make. From Paleo Running Mama.



<https://www.paleorunningmomma.com/paleo-pizza-crust-grain-free-dairy-free/>

Cocoa Dusted Almonds – a delicious snack. From Mom’s Kitchen Handbook



<https://www.momskitchenhandbook.com/recipes/wholesome-holiday-gifts/>

References:

Health benefits of almonds: <https://www.healthline.com/nutrition/9-proven-benefits-of-almonds#section6>

Raw almonds: <https://www.npr.org/sections/thesalt/2015/05/19/407760579/what-does-raw-mean-when-it-comes-to-almonds-you-might-be-surprised>

What are Marcona almonds? <https://www.thespruceeats.com/what-is-a-marcona-almond-1375433>