

20 DELICIOUS WAYS TO ENJOY ALMONDS EVERY DAY



No other nut or even other food can compare to almonds. With their craveable, buttery taste and one-of-a-kind crunch, almonds pair perfectly with all kinds of other ingredients and come in a variety of forms, like whole, slivered, sliced, chopped, blanched, butter, flour, oil and milk. These tips and tricks aim to help you go beyond the usual handful to use almonds in new ways.

- 1 Substitute almond flour** for bread crumbs when frying or baking meat, vegetables or other foods.
- 2 Add almond butter** to your favorite hot breakfast cereal for a burst of flavor and 6g of protein per serving.
- 3** Mix almond butter into a spicy dish to **tame the spice.**
- 4 Make homemade almond milk.** Soak 1 cup of almonds uncovered in water for 1-2 days, drain and discard the soaking water, rinse the almonds, and blend them on high with 2 cups of fresh water. Strain well using cheesecloth, and add a little vanilla, sweetener or cinnamon. Store refrigerated for up to 2 days.
- 5** Repurpose the ground almonds left over from the homemade almond milk as a **thickening agent in soups and stews.**
- 6** Blend almond milk into your **smoothie or coffee drink** for a creamy, nutty taste with no cholesterol.
- 7** Substitute up to 50% almond flour to add a **deliciously nutty flavor** to cakes, cookies, muffins and other baked goods.
- 8** Try making **almond tea** for a uniquely creamy hot beverage. Oven roast 1 cup blanched almonds at 375°F for 15 minutes (until they're medium brown), stirring occasionally. Carefully transfer them to a blender, and blend them on high speed with 2 cups of water. Strain out the solids, heat, and add sweetener and spices such as cinnamon and cardamom.
- 9 Make your own almond butter** by placing 2 cups of natural or roasted almonds in a food processor and blending for 20-30 minutes, stopping and scraping down the bowl as necessary. It takes a while, but the resulting butter will be smooth and creamy.
- 10** Try a savory **almond butter sandwich** with sliced cucumber, tomato, greens and sprouts.
- 11** Reach for almond flour when you need a great **gluten-free topping for your favorite fruit crumble.**
- 12** Add some chopped, toasted almonds to **whole-grain recipes** to bring out the nutty flavor of the grain.
- 13** Save time and create a **scrumptious snack mix** for the week with whole almonds, golden raisins, dried figs and dark chocolate chunks.
- 14** Pair almonds with a piece of fruit for a **healthy snack combination** to help you power through your day with protein (6g per serving), carbs and good fats*.
- 15** Try almond oil in **salad dressings**; it provides a signature light and nutty flavor.
- 16** Replace **bread crumbs** with almond flour for an excellent, gluten-free flavor enhancer for crab cake, meatloaf and meatball recipes.
- 17** Try **topping a creamy vegetable soup** with a sprinkle of roasted, sliced natural almonds for crunch and flavor.
- 18** **Upgrade your movie snack.** Toss whole, roasted almonds and grated Parmesan cheese into your popcorn.
- 19** Toss 2-3 cups of almonds with a beaten egg white before tossing them with salt or **spices and roasting**—the egg white helps the spices adhere to the almonds.
- 20** Stir **almond milk into soups** for a rich-tasting but heart-smart result.

*One serving of almonds (28g) has 13g of unsaturated fat and only 1g of saturated fat.

Put our 20 tips to use any day, and any time.

And don't forget we've got a wealth of recipes at Almonds.com. These are a couple of our recent favorites—deliciously tempting options to fuel a healthy, active lifestyle.

ALMOND ENERGY BARS



Created by Tina Hauptert for Almond Board of California

SERVES 9

INGREDIENTS:

1 cup brown rice cereal	1 tablespoon (½ oz.) chia seeds
1 cup rolled oats	½ cup sliced almonds
½ cup almond flour	½ cup dried cranberries
2 eggs	2 teaspoons cinnamon
⅓ cup honey	¼ teaspoon sea salt
1 teaspoon vanilla extract	

Preheat oven to 325°F. Combine all ingredients in a large bowl and mix well. Coat an 8" x 8" baking pan with non-stick cooking spray. Pour batter in pan and spread evenly. Flatten and smooth top with a spatula. Bake for 25 minutes. Remove from oven and allow to cool before slicing and serving.

Calories: 169; Fat: 5g; Saturated Fat: 1g; Monounsaturated Fat: 2g; Polyunsaturated Fat: 2g; Protein: 5g; Carbohydrates: 28g; Sugars: 15g; Fiber: 3g; Cholesterol: 41mg; Sodium: 82mg; Calcium: 43mg; Magnesium: 37mg; Potassium: 112mg

WILD RICE RISOTTO WITH ALMONDS AND SPRING VEGETABLES



SERVES 6

INGREDIENTS:

4 cups low-sodium chicken or vegetable broth	½ cup wild rice
Salt to taste	1 (2 ¼-ounce) package baby carrots, diced (about 1 cup)
½ teaspoon pepper	8 stalks asparagus, trimmed and cut into 1-inch pieces
3 tablespoons butter or olive oil	¾ cup fresh or thawed frozen peas
2 cloves garlic, minced	1 cup sliced almonds, roasted*
1 leek (white and light green part only), trimmed and diced	
1 cup brown rice	

Heat broth, salt and pepper in a saucepan over medium heat and bring to a low simmer. Reduce heat to low. Heat butter or olive oil in a large skillet on medium heat. Add garlic and leek and cook until soft, about 4 minutes. Stir in rice and carrots, coating them with butter or oil. Turn heat to medium-low. Stir in hot broth, 1 cup at a time, waiting for rice to absorb liquid before adding more—this will take 30–35 minutes. Add asparagus and peas when about 1 cup of broth is left. Stir in almonds just before serving so they stay crunchy.

Calories: 354; Fat: 16g; Saturated Fat: 1.9g; Monounsaturated Fat: 11.7g; Polyunsaturated Fat: 4.3g; Protein: 17g; Carbohydrates: 9g; Sugars: 4g; Fiber: 5g; Cholesterol: 0mg; Sodium: 419mg; Calcium: 96mg; Potassium: 483mg; Vitamin E: 5.3mg