

Beyond the Hull:

Transforming 5 Almond Misconceptions into Mastery



Myth #1

Protein powders present texture and flavor challenges.

Almond protein powder is a **unique solution to sensory challenges**. Almond protein powder is quite versatile as an alternative to dairy-based proteins like whey or casein. It can be added to protein powder blends, smoothies, bars and spreads to support performance nutrition needs.

- Almond protein powder, also known as defatted almond flour, has an extra-fine texture that blends well into various formulations.
- Because it is simply very finely ground almond flour with a percentage of its oil pressed out, it has a clean taste that allows for more versatility and less masking agents, allowing other ingredients to shine.



Myth #2

Baked goods with almond flour can be prone to crumbling.

- **A lack of gluten or insufficient moisture** is often the culprit behind crumbly baked goods.
- While almond flour does not contain gluten, **it can be paired with other binding agents** like egg whites, flaxseed meal, xanthan gum, agar and more to avoid a crumbly effect and give batter and dough better structure.
- Adding a small amount of almond flour helps **retain moisture and tenderizes the final product**. Almond flour generally holds and absorbs moisture well due to its fiber. It also contains oil by nature, which can add richness.
- **Almonds will tenderize a mixture**; You can swap out as much as 25 to 30 percent of the wheat flour in any batter—like pancake—with almond flour and get a more tender product.



Myth #3

Almond paste is the same as marzipan.

Almond paste has been compared to marzipan but **it's actually quite different**. Almond paste is less sweet, coarser and used in different applications than marzipan (also referred to as almond candy dough).

- In general, almond paste has an equal ratio of sugar to almonds. Almond paste is typically used as a filling or binder in baked bars, pies and cakes to help create a chewier texture.
- Marzipan has a higher percentage of sugar than ground almonds. Marzipan lends itself to sweets and confections where it can be sometimes eaten as-is, or used as a decoration.



Myth #4

Almond milk is often described as having a thinner consistency compared to dairy or other alternatives.

The perception of creaminess depends on aspects like the beverage's **total solids content** and whether the **particle size distribution** imitates traditional dairy. Higher total solids generally contribute to a "fuller" mouthfeel.

- Almond milk's texture can be thickened and made creamier either by increasing the amount of total solids present from almonds, or by incorporating an emulsifier to support the overall mouthfeel.
- Unlike other plant-based options that may contribute off-flavors, almond milk has a neutral taste that's the perfect blank canvas to complement desired flavors and develop high quality drinks. For example, Three Trees Organic Oil-Free Oat Milk utilizes almonds to provide richness in place of seed oil.



Myth #5

It's difficult to create a stable, long-lasting foam with almond milk in beverages.

- **Almond milk is highly adaptable** to innovations in processing, and innovations like ultra-high-pressure homogenization have made it easier to create rich foam with almond milk.
- Almond milk's **high versatility** and **distinct nutty flavor** pairs well with coffee and sweet beverages. Almonds' fat composition lends itself to a smooth texture, and almond milk can be fortified with protein to encourage more stability when foaming.