

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 #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 not only has a higher percentage of sugar than ground almonds, but it is also made with granulated and liquid sugar, which absorb moisture. When additional moisture is unaccounted for, there can be undesirable results in product development. Marzipan lends itself to sweets and confections where it can be sometimes eaten as-is, or used as a decoration.



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 the proteins, glutenin and gliadin, that turn into gluten when moistened, **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 #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.

