

Although almonds are **high in energy**, research shows that eating a handful (30g) every day as part of a healthy balanced diet **may help you lose weight**.

# Almonds

## for weight management



Almonds are a **convenient and portable snack** that can be eaten anywhere and any time of day.

To get the most benefit choose **raw or dry roasted** almonds without any added salt or sugar.

Almonds are **rich in healthy fats, high in protein** and **fibre**, and **low in carbohydrates**. They help to keep us **fuller for longer**.

The best ways to maintain a **healthy weight** are to eat a **balanced diet** and to be more **physically active**.

# Creamy cauliflower and almond soup

A delicious winter warmer

Serves 4

Preparation time: 15 minutes

Cooking time: 35 minutes



## Ingredients

- 1 cup raw sliced almonds
- 1 tablespoon extra virgin olive oil
- 1 brown onion, chopped
- 3 cloves garlic, crushed
- 1 head cauliflower, cut into florets
- 400g tin butter beans, drained and rinsed
- ½ tablespoon dried herbs (e.g. thyme, oregano, basil)
- 1 litre salt-reduced vegetable stock
- Pepper, to taste
- Handful fresh herbs, to serve
- 4 slices wholegrain or sourdough bread, to serve

1. Soak  $\frac{3}{4}$  cup almonds in 1 cup water for at least 2 hours to soften (to save time, you can also microwave almonds in water for a few minutes). Drain and set aside.
2. In a large pot, heat oil over a medium-high heat. Sauté onion and garlic for 3-4 minutes until soft. Add cauliflower and cook for a further 5 minutes.
3. Add beans, dried herbs, stock and pepper. Stir and bring to the boil. Reduce heat to a simmer and cook semi-covered for around 3 minutes, until cauliflower begins to soften.
4. Add soaked almonds to pot and simmer for 5 minutes.
5. Remove pot from the heat. Using a blender, puree soup until smooth.
6. In a small non-stick frypan heat the remaining  $\frac{1}{4}$  cup almonds until lightly brown.
7. Divide soup into bowls and garnish with fresh herbs, toasted sliced almonds, and a drizzle of oil if desired. Serve with crusty bread.

For more information and recipes visit [www.australialmonds.com.au](http://www.australialmonds.com.au)

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