

Almonds are rich in **protein** and packed with **vitamins, minerals** and **antioxidants**.

They're good for **overall health** and are a **portable healthy snack**.

Almonds

for good health



It's easy to make almonds part of your daily diet:

- Sprinkle flaked almonds on your breakfast.
- Toss a handful into a stir-fry.
- Use almond meal or ground almonds to make a flourless cake.
- Try almond butter as an alternative to butter or margarine.
- Mix natural yoghurt with berries and top with chopped almonds.
- Use slivered almonds as a crunchy topping for salads.

Almonds **add texture and taste to meals** and have a range of uses in cooking.

Try them **whole, blanched, slivered, flaked**, and **ground**.

Almonds are **gluten free**, rich in **healthy unsaturated fats** and eating a **handful everyday** as part of a balanced diet:

- **does not** affect weight
- is good for **the gut**
- helps protect **the heart**.

Green almond smoothie

A delicious breakfast on the go

Serves 1

Preparation time: 5 minutes

- 1 cup almond milk (calcium fortified)
- 1 tablespoon almond butter
- ½ tablespoon chia seeds
- ½ teaspoon vanilla extract
- ¼ teaspoon cinnamon
- ½ banana
- 1 handful baby spinach
- ¼ cup rolled oats
- 1 handful ice cubes (optional)

Method

Place all ingredients into a blender and blend until smooth. If smoothie is too thick, add more milk.



For more information and recipes visit www.australionalmonds.com.au

Developed January 2019

**Hort
Innovation**
Strategic levy investment

**ALMOND
FUND**

 **australian
almonds**
ALMOND BOARD OF AUSTRALIA

 **Nutrition
Australia**

This document has been funded by Hort Innovation, using the Almond research and development levy and contributions from the Australian Government. Hort Innovation is the grower owned, not-for-profit research and development corporation for Australian horticulture. The strategic levy investment project *Educating Health Professionals* (AL16007) is part of the Hort Innovation Almond Fund.