

PLANT-FORWARD MENU INNOVATION WITH CALIFORNIA ALMONDS

ALMONDS ARE A VERSATILE INGREDIENT FOR PLANT-FORWARD RECIPES

Vegan • Vegetarian • Gluten Free • Dairy Free



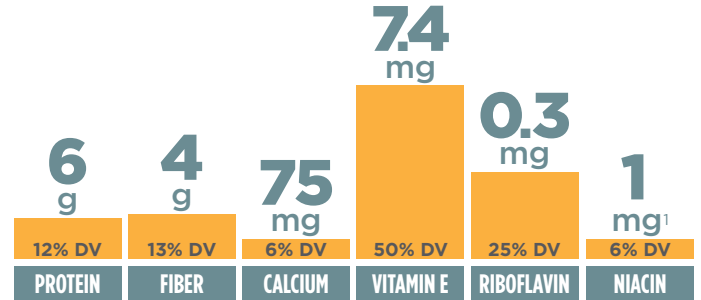
Crunch • Healthy Halo • Premium Appeal

CONSUMERS CHOOSE ALMONDS IN THEIR VARIOUS FORMS MORE FREQUENTLY THAN ANY OTHER NUT⁴

Milk • Oil • Butter • Chopped • Sliced • Slivered • Whole

OUNCE FOR OUNCE

Almonds are the tree nut highest in **6** essential nutrients



DID YOU KNOW?

The average American eats less than the recommended daily amount of nuts, seeds and legumes²

Boost plant-forward recipes with almonds:

- High in plant-based monounsaturated fats (good fat)³
- No cholesterol³
- Higher in fiber than any other nut!

PLANT-FORWARD MENU DEVELOPMENT TIPS

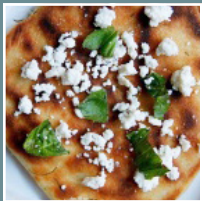
Matching up almonds with other ingredients offers endless opportunities for plant-forward menu items that leave diners feeling satisfied.



ALMOND PROTEIN FRITTERS

A gluten-free option for creative bar snacks. Almond and chickpea flour-crusted vegetable fritters with yogurt-based almond dipping sauces

ONE FRITTER CONTAINS 14 GRAMS OF PROTEIN



ALMOND AND CHICKPEA FLATBREAD

Almond flour + chickpea flour = a satisfying foundation for endless toppings, formats and flavor combinations

ONE FLATBREAD CONTAINS 9 GRAMS OF PLANT-FORWARD PROTEIN



CAULIFLOWER ALMOND BAKED MAC & CHEESE

Cauliflower + almond butter + Greek yogurt = a creamy base with energy-packed protein

CONTAINS ONE SERVING OF VEGETABLES

ALMOND BURGER

Combine almonds and white beans (or vegetarian or vegan alternatives) to make a burger base that can be used in many forms.

Form into 2.5-ounce burger patties.

Roll 1.5-ounce portions into vegan or vegetarian kibbeh or croquettes.

Form 1.5-ounce patties and slice for serving as small bao bun-inspired appetizers or snacks.



1. One ounce or 23 almonds contains 6 grams of protein.

2. Using NHANES, WWEIA 2011-2012 FPED equivalents database for individuals 2+ (http://www.ars.usda.gov/SP2UserFiles/Place/80400530/pdf/fped/Table_1_FPED_GEN_1112.pdf), compared to USDA Healthy US-Style Food Pattern for 2,000 calorie diet, as described in 2015 DGAC report (<http://health.gov/dietaryguidelines/2015-scientific-report/15-appendix-e3/e3-1-a1.asp>).

3. Scientific evidence suggests, but does not prove, that eating 1.5 ounces of most nuts, such as almonds, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. One serving of almonds (28 grams) has 13 grams of unsaturated fat and only 1 gram of saturated fat.

4. State of Snacking. Almond Board of California. November 2017.