Almonds are a super snack all on their own. With 6 grams of plant protein to energize you, 4 grams of hunger-fighting fiber, 9 grams of good monounsaturated fat and important vitamins and minerals, it’s hard to beat such a power combo of nutrients in every healthy handful.

But one can sometimes be a lonely number. Combining almonds with other favorite foods can add flavor, texture and fun, as well as additional nutrient benefits, to snacks. That’s nutrition by addition.

**CHECK OUT THESE CREATIVE COMBOS**

**MIDMORNING PICK ME UP**

- Sliced Almonds + Instant Oatmeal
- Chopped Almonds + Greek Yogurt
- Almonds + Orange

**AFTERNOON TIDE ME OVER**

- Almond Butter + Apple Slices
- Almonds + Dried Apricots
- String Cheese

![California Almonds](california_almonds.com)
EVENING WIND ME DOWN

ALMONDS + DARK CHOCOLATE + DRIED CHERRIES

ALMONDS + YOGURT RAISINS

ALMONDS + POPCORN

POST WORKOUT RECHARGE ME

ALMONDS + BANANA

ALMONDS + GOJI BERRIES + PUMPKIN SEEDS

ALMONDS + ALMOND BUTTER + ALMOND MILK + FROZEN FRUIT