



# Almond Deep Dive

## Formulating with Almonds for Complementary Plant Proteins



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**More and more**, plant-based food options are expanding on foodservice menus and in retail across nearly every category, both domestically and internationally. According to the Plant Based Foods Association, retail sales of plant-based foods increased 90% for the weeks leading up to April 19th, 2020. That’s a substantial jump; one that is continues to drive up creativity from food companies looking to change the perception of plant-based products through high-impact ingredients and all their forms.

As a chef and product developer with a focus on nutrition, almonds are one of the key ingredients I rely on when formulating for a range of consumer needs. With 6

grams of protein per ounce, almonds can offer the missing link to build complete proteins for plant-based meals.

Many plant-based proteins are low or missing one or more of the amino acids to qualify it as a ‘complete protein’, but pairing plant proteins with opposing – or complementary – amino acid profiles still creates a full protein.

Combining complementary plant proteins through mixing, cooking, baking, or blending the ingredients in their widely available and diverse forms makes it more accessible to supply the protein quantity and quality desired and we’re seeing this becoming more important to consumers today. To learn more about complementary proteins and see a few of my favorite pairing combinations, check out this infographic.

Almonds, with an extensive portfolio of formats available including whole, sliced, slivered, milk, butter, flour, ground, and oil, there is no end to the ways in which chefs and developers alike can ideate innovative food products that meet consumer desires in exciting and new ways. Plus, almonds fit within a variety of lifestyles, such as vegan, vegetarian, GMO-free, gluten free, dairy-free, keto, paleo, Mediterranean, flexitarian diets, to name a few.

There are many ways to use almond ingredients in application to achieve sensory and nutrition targets. Almond butters, which are available roasted and unroasted, add a



Below are a few of the many ways to combine almonds with other plant-based ingredients to form complementary proteins that enhance the sensory and nutritional attributes of a product or dish.



Plant protein smoothies with almond milk and almond protein with a bean puree



Plant energy bars with ground almonds and pea protein: this concept can be shelf stable or refrigerated.



Lentil and cauliflower salad bowl with a kimchi almond dressing made with almond butter and almond milk



Protein pancakes with almond and chickpea flour



rich and flavorful profile to soups, sauces, and baked applications.



Almond milk, available in sweetened and unsweetened as well as fortified, is a neutral base for beverages, smoothies and sauces. Sliced, slivered, and whole almonds, can be toasted or untoasted and add an array of texture and color contrasts in baked goods, tossed into salads, as garnishes for soups or enjoyed straight up for snacking on the go.



Almond protein powders are protein dense and add a neutral, yet slight nutty flavor in beverages and energy bars, which is ideal for these categories.



On the nutrition side, almonds continue to be a value-add ingredient that resonate with evolving preferences, giving packaged goods and dishes a healthy-halo without sacrificing on taste or nutrition. Per ounce, almonds provide 13 grams of good unsaturated fat, only 1 gram of saturated fat, 4 grams of fiber, leaving consumers with that satisfied feeling that may otherwise lack with less nutrient-dense options.



Check out the full recipe to this [Almond Crunch Bowl with Kimchi Almond Sauce](#) on [Almonds.com](#)

**“From packaged bars and meals, on-the-go-snacking, as well as side dishes, there’s an opportunity to bring top food trends to life with the use of almonds.”**



By getting creative with almond forms from spreads to butters to sliced, slivered and more, almonds help enhance the multi-sensorial experience, both from a textural and flavor standpoint.

As the shift towards plant based continues, it's an exciting time to be a developer and chef exploring various ingredients and flavor pairings. Chefs and R&D teams are challenged to innovate and create new products that fit to new and evolving trends, making the right ingredient choices imperative. So, as the food landscape continues to evolve, I look forward to seeing where the world of new product innovation takes us an industry.

**For more inspiration, information and recipes, be sure to explore [almonds.com](#).**

Almonds can add flavor and texture to any plant-based dish.

