

## ■ ALMOND FLOUR POWER ■

Almond flour is the perfect solution for the gluten-free diet because it provides nutrients that are often lacking, such as fiber, calcium, iron and protein. Both almond flour and almond meal are used in many gluten-free recipes. Almond meal is a coarse blend of either ground blanched or natural almonds, whereas almond flour is a lighter powder of ground blanched or natural almonds. See how one cup of almond flour compares to other flours and starches most often used in gluten-free products and recipes.

### USING ALMOND FLOUR

#### Making your own

You can purchase almond flour at your local grocery store or easily make your own. To make, simply grind blanched or natural almonds in small batches to a fine powder using a food processor. If you are looking for a coarser consistency, make your own almond meal by blending either blanched or natural almonds for a few pulses in the food processor until it is the consistency of cornmeal.

#### Baking

Almond flour is a nutritious option for gluten-free baking. Almond flour can be used alone in recipes for hearty and flavorful treats or as an addition to a gluten-free flour blend. Try supplementing one-third of your favorite gluten-free flour blend with almond flour for moist and light delicacies.

#### Coating

Coat meat, fish, poultry, seafood and vegetables in almond flour and sauté or bake for a delicious crunch.



	Blanched Almond Flour	Natural Almond Flour	White Rice Flour	Tapioca Starch	Cornstarch	Potato Starch
Protein (g)	23.6	22.9	9.4	0	0.3	0.2
Fiber (g)	12	13.2	3.8	0	1.2	0
Carbohydrate (g)	21	23.4	127	119	117	158
Iron (mg)	4.3	4.0	0.6	0	0.6	2.9
Calcium (mg)	235	285	16	0	3	19
Zinc (mg)	3.4	3.3	1.3	0	0.1	Not Available
Magnesium (mg)	300	289	55	0	4	Not Available
Riboflavin (mg)	0.7	1.1	0.03	0	0	0
Niacin (mg)	3.9	3.6	4.1	0	0	0

*Chart excerpted from Gluten-Free Diet: A Comprehensive Resource Guide by Shelley Case, RD. Nutrient amounts are based on one-cup measurement of flour. Nutrients in one cup of blanched and natural almond meal are the same as those listed above for blanched and natural almond flour.*

**Good news about fat.** The U.S. Dietary Guidelines recommend that the majority of your fat intake be unsaturated. One serving of almonds (28g) has 13g of unsaturated fat and only 1g of saturated fat.

