

■ ONE POUND ■

INFINITE POSSIBILITIES

Just one pound, or 16 ounces of almonds can really go a long way.

In fact, ounce for ounce, California Almonds are one of the most nutrient-rich tree nuts on earth. They're an excellent source of vitamin E (35% DV), magnesium (20% DV), manganese (76 mg), and a good source of fiber (3.5 g), copper (0.3 mg), phosphorous (147 mg), and riboflavin (0.3 mg).

California Almonds are also cholesterol-free and low in saturated fat.*

Check out the ideas below for how to make the most out of your shopping trip with California Almonds, this season's hottest buy:



BASIC PANTRY ESSENTIAL: WHOLE ALMONDS

Bring all your favorite flavors into a handful of wholesome almonds.

Jalapeno Almonds • English Tea Almonds • Honey Crystal Almonds
Wasabi Almonds • Basil Pesto Almonds

Want the recipes? Check out AlmondBoard.com

THIS SEASON'S MUST HAVE: ALMOND BUTTER

Make a batch of smooth, creamy almond butter or find it ready-made at your local natural food store.

- Spread it on whole wheat toast and top with apple slices for a power breakfast
- Blend into an almond butter vinaigrette and drizzle over a salad
- Pack an almond butter and jelly sandwich for lunch
- Mix into an almond dipping sauce for tofu satay
- Blend it into your fruit smoothie

THE ULTIMATE PANTRY ACCESSORIES: SLICED, DICED AND SLIVERED

Add crunch and flavor to any meal.

- Add them to your oatmeal or yogurt for breakfast
- Use as a crunchy topping for bakes and gratins
- Mix into chicken salad or a veggie wrap
- Sprinkle on pasta and grain dishes
- Top a salad for added crunch

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