



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	0.6	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 good 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.

BREAKFAST BOOSTERS

Take your breakfast to new heights by starting your day with a satisfying boost. Add almonds for a delicious source of fiber, protein, iron, calcium and good fats, which are often lacking in the gluten-free diet. Use these ideas and create your own!

IF YOU NORMALLY EAT GLUTEN-FREE COLD CEREAL, TRY:

1. *Homemade granola made with almonds, dried fruits, ground flax and gluten-free rolled oats* _____
2. _____

IF YOU NORMALLY EAT GLUTEN-FREE GRANOLA BARS, TRY:

1. *Cranberry, Apricot and Almond Loaf (Look for this recipe on AlmondBoard.com)* _____
2. _____

IF YOU NORMALLY EAT YOGURT, TRY:

1. *A yogurt parfait made with low-fat yogurt, fresh fruit and crunchy almonds* _____
2. _____

IF YOU NORMALLY EAT GLUTEN-FREE WAFFLES, TRY:

1. *Silver Dollar Pancakes topped with fresh fruit (Look for this recipe on AlmondBoard.com)* _____
2. _____

IF YOU NORMALLY EAT A PIECE OF FRUIT ON THE GO, TRY:

1. *A handful of almonds and a banana* _____
2. _____

IF YOU NORMALLY EAT GLUTEN-FREE TOAST WITH JAM, TRY:

1. *A piece of gluten-free toast spread with creamy almond butter* _____
2. _____

Chart adapted from *Gluten-Free Diet: A Comprehensive Resource Guide* by Shelley Case, RD.
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