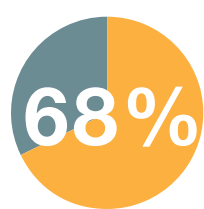


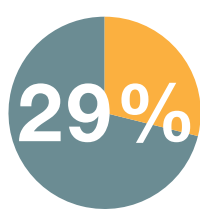
UTILIZING ALMONDS

as a complementary plant protein

Plant-based eating continues to be a **top trend** for consumers:



68% annual growth over the past five years in food and beverage launches had a plant-based claim on pack.¹



increase in grocery sales of plant-based foods that directly replace animal products in the past 2 years, bringing the total to **\$5 billion**.²



Almonds are a popular snack ingredient and are **the top nut** in global new product introductions.¹

With 14 forms available, almonds provide **texture, flavor, premium appeal and a healthy halo** to snacking applications.



OUNCE FOR OUNCE

Just one ounce of almonds has **6 grams** of power-packed protein and **4 grams** of fiber.³

Almonds are the tree nut with the most **vitamin E (7.4mg)** and **riboflavin (0.3mg)**.

Commonly used on-pack claims incorporating almonds include: **Vegan** • **Vegetarian** • **Gluten Free** • **Dairy Free** • **Plant-Based** • **Clean Label**

Almond Protein Power: Complete Your Plant-Based Concept

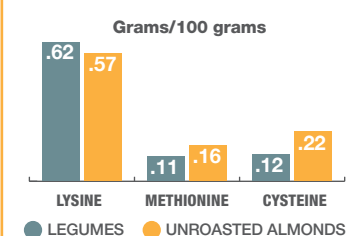
Amino acids are the building blocks of protein,⁴ and **protein is an essential nutrient** that helps build and preserve muscle, bone, skin and nails.⁵

A food is considered a “complete” protein when it contains adequate amounts of **all nine essential amino acids**.⁶

Many plant-based foods are **“incomplete” proteins** because they are missing or low in one or more of the nine amino acids.⁵

But by combining plant-based foods that have contrasting amino acid profiles, **a complete protein can still be created**.⁵

For example, almonds are high in amino acids that legumes and pulses lack – **these are called complementary proteins**.⁷



COMPLEMENTARY PROTEINS IN ACTION



CHEF CHRISTINE FARKAS CHEF AND FOUNDER, IHEARTFOOD CONSULTING

“PAIRING ALMONDS WITH COMPLEMENTARY INGREDIENTS CAN OFFER DELICIOUS, FUNCTIONAL, NUTRIENT-DENSE CREATIONS AND A MULTI-SENSORIAL EXPERIENCE. THE CONCEPTS BELOW ARE SIMPLE IDEATIONS TO INSPIRE CREATIVE COMBINATIONS.”



PLANT ENERGY BAR

Combine ground almonds with pea protein and bind with dried fruit paste.



PLANT PROTEIN SMOOTHIE

Blend almond milk and almond protein with white bean puree and your choice of fruit puree.



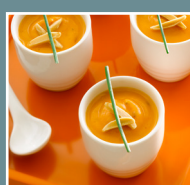
HUMMUS STYLE DIP WITH ALMOND BUTTER

Blend cooked chickpeas with almond butter and serve with whole wheat pitas or pretzels.



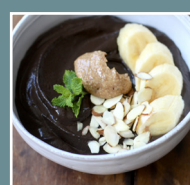
PROTEIN POWER PANCAKES OR CREPES

Combine almond flour, chickpea flour with almond milk. Once cooked, garnish with a dollop of yogurt made with almond milk or other plant milk yogurt.



PLANT PROTEIN SOUP

Simmer ground almonds or almond butter with yellow split peas or lentils, vegetables and aromatics. Add almond crumbles for garnish and serve with warmed whole wheat toast.



ALMOND PROTEIN BLEND

Combine almond protein with pea or faba/broad bean protein, then add other fruit and vegetable powders for added flavor and enhanced nutrition.

For more information and inspiration, visit almonds.com

Sources:

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