

# ALMOND FORMS *for* EVERY FUNCTION

California almonds are one of the most popular snack ingredients and the number one nut globally for new product introductions in 2018.<sup>1</sup>



Available in more forms than any other tree nut, almonds are an essential ingredient with endless texture and flavor potential in product development across categories.



## WHOLE ALMONDS

**Whole almonds** are the most frequently consumed form when it comes to snacking.<sup>2</sup>

Add natural or roasted almonds to snack mixes, coat or enrobe them in on-trend **flavors**, or use whole almonds for added **crunch** and **visual appeal** in snack clusters, **confectionary**, or as an inclusion in **bars**. With whole almonds the options are limitless – blend them into dips or sauces, make fresh almond milk by soaking and straining, or slice and dice them into any of the other forms listed here.



## MEAL *or* FLOUR

Both made from ground almonds, **almond flour** is typically made from blanched almonds and is ground more finely than **almond meal**. The coarser almond meal will give your product a more pronounced mouthfeel and texture, whereas almond flour has a lighter texture.

Use almond meal as a coating for **snack bites** or to add crunch and texture to crusts, bars, and baked goods. Almond flour is a wholesome alternative to other flours and is suited for gluten-free baking, as a sauce thickener or a key ingredient in **crackers**, breads and cereals.



## DEFATTED ALMOND FLOUR

**Defatted almond flour** is simply finely ground almond flour from which a percentage of the oil has been removed. Depending on the amount removed, this process can decrease the amount of calories and fat per serving. This new form has an extra-fine texture and clean taste that allows for more versatility and less masking agents— letting other ingredients shine and contributing to a clean and gluten-free label. Use this flour to add density to **bars**, as a substitute in crusts, or as a binder.



## ALMOND BUTTER

**84 percent** of consumers agree that **almond butter** enhances the taste of other foods when used as an ingredient.<sup>3</sup>

Almond butter can work as a standalone **spread or dip**, as a layer, drizzle, or binder in bars, **cookies**, and bakery items, a thickener in beverages/smoothies and a filling or coating in **confectionery products**. Almond butter lends a clean label to formulations suited for all times of day.



## ALMOND MILK

New product introductions for dairy alternatives **grew 13 percent** in 2018.<sup>1</sup>

**Almond milk's** volume **grew by more than 11 percent** in 2018, more than it has over the past several years.<sup>4</sup>

Lactose-free, dairy-free, and free from cholesterol and saturated fat, almond milk can be sweetened, unsweetened, fortified or blended with other dairy alternatives. Almond milk is extremely versatile for carrying **flavors** in bottled coffee drinks and smoothies, and an ideal ingredient in cross-category beverages, like a cold-pressed juice or **coffee**, dips and **spreads**. Almond milk is a great way to add creaminess to sauces, frostings, coatings, overnight oats, packaged soups and stews.

## NATURAL *or* BLANCHED?

While **natural almonds** have their skin still on, **blanched** means the skins have been removed through a process of scalding, skin removal, drying, cooling and sorting. Whole, Meal, Flour, Sliced/Flakes, Silvers/Halves, and Diced/Chopped almonds are all available natural or blanched. Roasting brings out the flavor and color of blanched almonds, while natural almonds have the well-known nutty flavor and are suitable for all-around use.





## SLICES *or* FLAKES

**Almond slices or flakes** are just that – blanched or natural almonds that have been cut along their diameter creating larger pieces.

This form is a great alternative to whole almonds when you’re looking for an inclusion in a softer, **baked good** or **snack bar**, but still want an added crunch. Almond slices also offer visual appeal that lends a premium look to products across categories.



## SLIVERS *or* HALVES

**Did you know, “crunchy” is the top texture claim for products with almonds?**<sup>1</sup>

Utilize **almond slivers or halves** as an inclusion or topping in bars, bakery and **confectionery** products to add the crunch consumers crave. Almond slivers are also the perfect addition to salad toppers, trail mixes, and granola.



## DICED *or* CHOPPED

**Diced or chopped almonds** can bring a mouthfeel to just about anything. Use this form in sweeter applications like a coating for ice cream bars, a filling for bakery and **confectionery products** or as topping or inclusion with chocolate products. Almonds are the number one ingredient in global consumers’ ideal chocolate products, and according to consumers, almonds make chocolate **crunchier (85%)** and **more nutritious (84%)**.<sup>5</sup>

## ALMOND ROASTING

Almond roasting emphasizes the natural attributes of almonds – deepening the color and flavor profile, and creating crispier, crunchier texture. Remember to package almonds properly by removing oxygen from the packaging environment, either through nitrogen flushing or vacuum. This will help provide a much longer shelf-life. [Learn more here.](#)



## ALMOND PASTE

**Almond paste** has been compared to marzipan but it’s actually quite different. Almond paste is less sweet, coarser and used in different applications than marzipan (also referred to as almond candy dough).

Almond paste is typically used as a filling or binder in **baked bars**, pies and cakes to help create a chewier texture. **“Chewy” is the number one texture claim among almond introductions of bars.**<sup>1</sup>



## ALMOND OIL

**Almond oil** lends a uniquely nutty, toasty flavor to just about anything – from cakes, cookies and muffins to chips, popcorn snacks and breads. Add the rich, amaretto-like flavor of almonds to **salad dressings** or sauces using almond oil. Refined types of almond oil are best-suited for frying or oven baking, whereas cold-pressed gives strong flavor without being heated.

## ON-PACK CLAIMS WHEN USING ALMONDS

Gluten-free  
Dairy-free  
Plant-Based  
Clean Label  
Keto  
Paleo  
Whole30®



FOR MORE INFORMATION, PLEASE VISIT [ALMONDS.COM/FOOD-PROFESSIONALS](https://almonds.com/food-professionals)

### References

1. 2018 Global New Product Introductions. Innova Market Insights. May 2019.
2. Consumer AAU: United States. Sterling Rice Group. 2018.
3. Almond Butter Attitude & Usages. Sterling Rice Group. April 2018.
4. 2018 Nielsen US Retail Product Movement Study. Nielsen. 2018.
5. Global Chocolate Study. Sterling Rice Group. 2018.