

■ 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.

