



NUTRITION CONSULTING INC.

Almond Butter

Created by the Almond Board of California

What you need:

1 cup (250 mL) whole natural almonds, roasted*
1/8 tsp. (0.5 mL) salt
3 tbsp. (45 mL) almond or vegetable oil

How you prepare:

In food processor with metal blade in place, grind almonds and salt until fine. While running, slowly add oil in a steady stream until mixture is spreadable.

* To roast almonds, spread in an ungreased baking pan. Place in a 350°F oven and bake 7 to 10 minutes or until almonds are fragrant; stir once or twice to assure even browning. Note that almonds will continue to roast slightly after removing from oven.



Photo courtesy of Almond Board of California

Nutritional Analysis: per serving.

Calories: 130	Fibre: 2.3 g
Fat: 11.8 g	Cholesterol: 0 mg
Sat Fat: 1.0g	Sodium: 0 mg
Mono Fat: 7.6 g	Calcium: 48 mg
Poly Fat: 2.7 g	Magnesium: 53 mg
Protein: 4.0 g	Potassium: 139 mg
Carb: 3.8 g	Vitamin E: 5.8 mg

* total alpha-tocopherol equivalents

Recipe used with permission from the Almond Board of California. Visit www.almondboard.com or more great recipes.

Andrea Holwegner, known as the Chocoholic Dietitian, is founder and president of Health Stand Nutrition Consulting Inc., a member of the Canadian Association of Professional Speakers and a media expert for the Dietitians of Canada. For nutrition counselling information and to sign up for a free monthly newsletter loaded with nutrition tips, recipes and more visit www.healthstandnutrition.com. Twitter @chocoholicRD.

It's your health.



Take a stand.

NUTRITION COACHING | SEMINARS | CONSULTING

PHONE: (403) 262-3466 www.healthstandnutrition.com