

EVERYDAY SUPERFOOD



ALMONDS

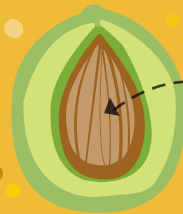
THE INCOGNITO FRUIT?



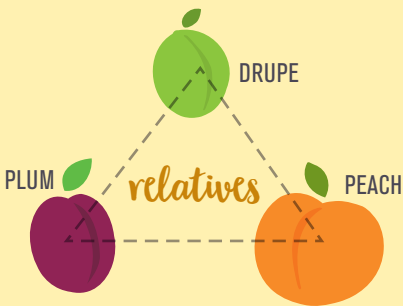
NOT A NUT?

ALMONDS ARE NOT A NUT. THEY ARE THE SEED OF A FRUIT CALLED DRUPE.

DRUPE FRUIT

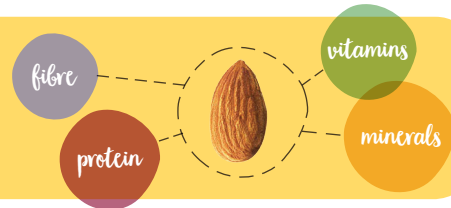


almond



ALMOND TREES ARE CLOSE RELATIVES OF PLUM AND PEACH TREES.

A POWERHOUSE OF nutrients.



PHYTOCHEMICALS VITAMIN E

POWERFUL ANTIOXIDANTS THAT MAY PROTECT AGAINST CHRONIC DISEASE.

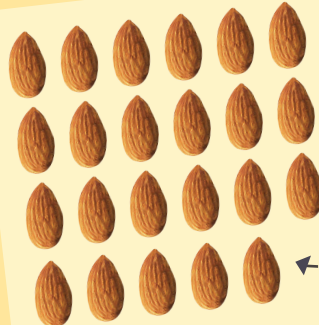
1 oz =

130 CALORIES

6 GRAMS PROTEIN

3 GRAMS FIBRE

Add a protein boost to salads, cereals, casseroles, desserts or enjoy them on their own!



1 oz = 23 ALMONDS

This would cover a post-it note.

