



# Almonds

## 3 Prep and cooking tips

- Almonds can be enjoyed as a snack or added to a variety of dishes, including salads, smoothies, and baked goods.
- Toast almonds in the oven, stovetop (in a dry skillet over medium heat), or microwave to bring out their natural nutty flavor.
- Mix almonds with other nuts, seeds, and dried fruit for a delicious homemade trail mix.

## 2 Shopping and storage

- When shopping for almonds, look for ones that are unbroken, uniform in size, and free of cracks or holes.
- Almonds should be stored in an airtight container in a cool, dry place, such as a pantry or cupboard.

## 1 Nutrition Fact:

- Almonds are high in vitamin E, which helps prevent the buildup of LDL (bad) cholesterol which increase the risk of heart disease.

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