



Almonds are the Key to Optimal Health

Almonds are a great source of vitamin E and also have good amounts of magnesium, potassium, zinc, iron and fibre. Containing healthy monounsaturated fat, they are a highly nutritious addition to your diet. Almonds contain more calcium than any other nut which makes them perfect for growing kids as well as people that suffer from lactose intolerance.

A number of studies have indicated that eating a small amount of almonds (handful) a day can make a significant difference in cardiovascular health by lowering bad cholesterol and raising good cholesterol^{1,2}. There is some evidence that almond consumption can promote colon health and ward off cancer by encouraging regularity. Almonds also have a positive effect on your complexion due to its substantial Vitamin E content.

I often make my own almond milk and simply love its nutty flavour. This is a wonderful recipe to make with the kids and don't forget to use the pulp in baking to increase protein levels!

Method to make Almond Milk

1. Place 1cup almonds in a glass jar. These must be organic as non-organic almonds are heavily sprayed.
2. Cover with 4 cups water.
3. Tightly close the jar.
4. Refrigerate for 1 day or no more than 2 days.
5. Pour into blender and blend until smooth.
6. Strain liquid from pulp through cheesecloth, applying pressure to squeeze out all liquid.
7. Retain the almond paste pulp for other uses – I always suggest baking some muffins or Anzac biscuits with almond pulp for extra protein
8. You can use a variety of natural sweeteners such as dates, vanilla beans or Stevia

1. Porter Novelli (September 2002). "Almonds: Cholesterol lowering, heart-healthy snack". Press release.
2. Spiller GA *et al* (June 1998). "Nuts and plasma lipids: an almond-based diet lowers LDL-C while preserving HDL-C". J Am Coll Nutr 17 (3): 285–90.