

Recipe for

ROASTED ALMONDS

EQUIPMENT NEEDED baking sheet, parchment paper, medium bowl

SERVES 4 ESTIMATED COST \$3.15 COST PER SERVING \$0.78

INGREDIENTS

- 1 cup unsalted whole almonds
- Optional: 1/2 tbsp olive oil and favorite seasonings:
 - For spicy, use a dash salt and chili powder to taste
 - For sweet use a dash salt and cinnamon, to taste

METHOD OF PREPARATION

1. Preheat oven to 325°F.
2. Line a baking sheet with parchment paper.
3. If using seasonings, add almonds to a bowl, lightly coat with oil and seasonings. Toss to coat.
4. Evenly spread almonds on pan. Roast for 10 minutes. Enjoy!

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NUTRITION INFORMATION

Roasted Almonds

Nutrition Facts

Serving Size: 1 Serving

Amount Per Serving		% Daily Value*
Calories	160 kcal	8 %
Total Fat	14 g	22 %
Saturated Fat	1 g	5 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	0 mg	0 %
Total Carbohydrate	6 g	2 %
Dietary Fiber	4 g	16 %
Sugars	1 g	
Protein	6 g	12 %
Vitamin A	0 % • Vitamin C	0 %
Calcium	8 % • Iron	6 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

HEALTH BENEFITS

Almonds - rich source of Vitamin E which is an antioxidant that protects the body from oxidative damage. Adequate Vitamin E intake has been associated with a lower risk of cancer, heart disease, and Alzheimer's.



HEALTH BENEFITS

Salt - source of sodium that helps regulate blood pressure, blood volumen, and maintain nerve function. While too much sodium may contribute to high blood pressure, just enough sodium will help keep your body functioning properly.

References:

1. Recipe provided by Reanetta Perkins

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