

Organic Almonds

Country of Origin: USA

Certified Organic

Pro-Cert

Nutrition Facts	
Valeur nutritive	
Per 50 g / par 50 g	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 280	
Fat / Lipides 22 g	34 %
Saturated / saturés 2.5 g + Trans / trans 0 g	19 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 15 g	5 %
Fibre / Fibres 2 g	7 %
Sugars / Sucres 4 g	
Protein / Protéines 9 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	4 %
Iron / Fer	25 %

Factoid:

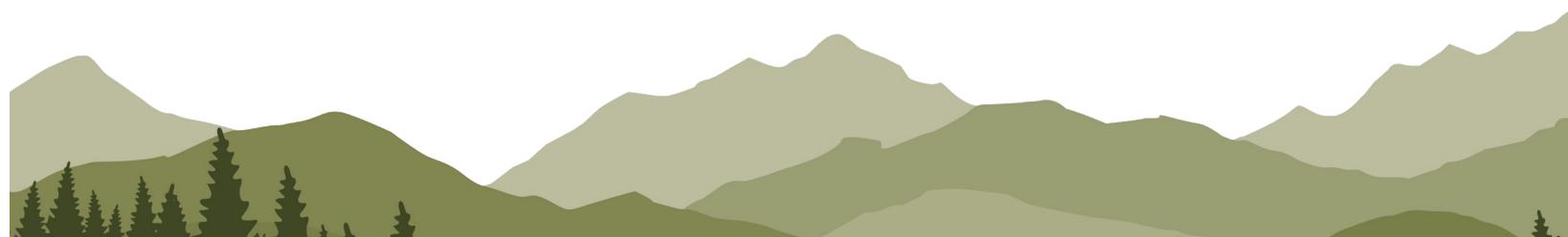
Even though the almond is commonly considered to be a nut, it is actually the seed of a stone fruit known as a drupe and is botanically related to the peach, cherry, and plum. Almonds are rich in protein, healthy unsaturated fats, vitamin E, magnesium, and some B vitamins.

Allergen Information:

Contains tree nuts.

Ingredients:

Organic almonds.



Recipe:

left coast
ORGANICS

Fresh Almond Milk

Ingredients:

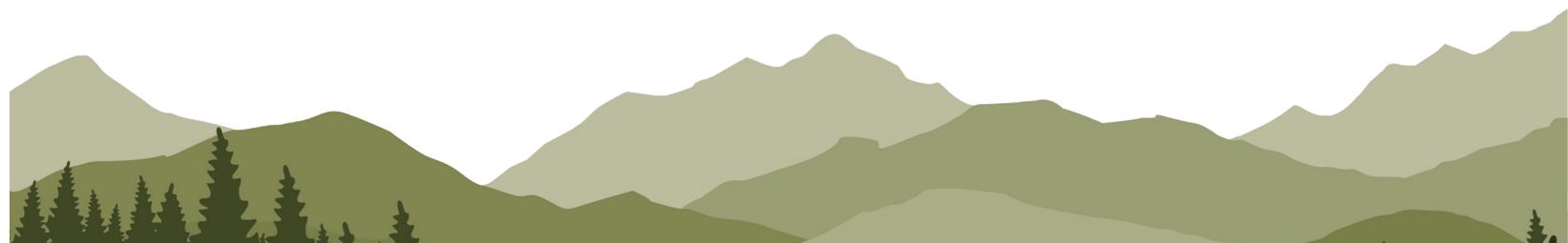
1 C almonds (best to soak overnight)

4-5 C of filtered water

Muslin cheese cloth or nut milk bag

Instructions:

1. Add soaked almonds and water into the blender and blend until the water becomes milky and the almonds become broken down into a pulp. Dried vanilla beans or cocoa can be added to create a flavoured milk.
2. Pour into a cheese cloth (with a bowl underneath) and squeeze all the milk out.
3. The nut milk will separate in the fridge after standing. Shake when you want to use it again. Keeps for up to 4 days.



Farmer:

Baughner Ranch Organics

The Baughner family has been farming for many generations. Chris and wife Marcie knew that moving to organic farming was their calling. In 1984, Chris and Marcie held on to a 40 acre almond orchard with everything they had and started Baughner Ranch Organics the next year. Almost 30 years later, their farm and processing facility in Northern California has become the leading producer of organic almonds. With four generations working together side by side on the farm, 'organic' has become a way of life for the Baughners. Today, their daughters Nisha and Rania and son Bradley all live and work on the farm. For them, organic farming and processing is beyond certifications and is really about embodying organic principles. Through cover cropping, water conservation, promoting biodiversity and other practices, they hope to give back to the land and provide something better for future generations. And although the lifestyle has been physically, mentally, and emotionally challenging, at the end of the day, they find it brings tremendous joy and is deeply rewarding.

