

Organic Sliced Almonds

Country of Origin: USA

Certified Organic

Pro-Cert

Nutrition Facts Valeur nutritive

Per 1/3 cup (30 g) / par 1/3 tasse (30 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 210	
Fat / Lipides 20 g	31 %
Saturated / saturés 1.5 g + Trans / trans 0 g	8 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 3 g	1 %
Fibre / Fibres 3 g	12 %
Sugars / Sucres 0 g	
Protein / Protéines 5 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	8 %

Factoid:

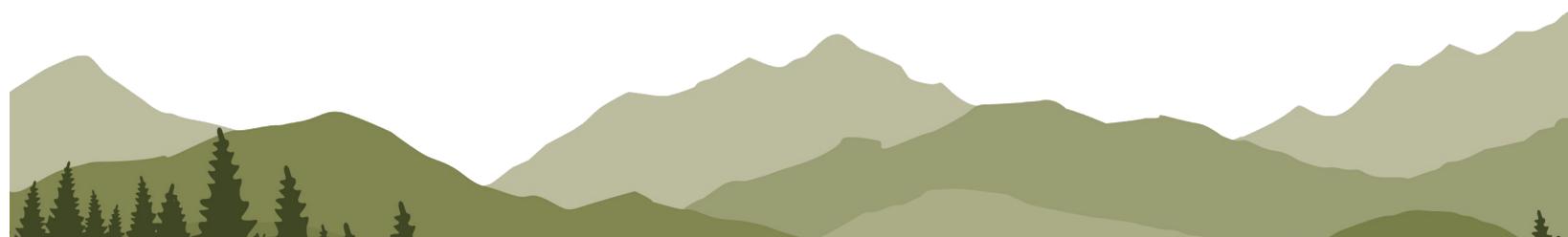
Almonds are rich in protein, healthy unsaturated fats, vitamin E, magnesium, and some B vitamins. Sliced almonds can be used in a variety of ways: in salads, soups, baked goods, cereals, nut- and trail-mixes, or atop loaves of bread to create a crust.

Ingredients:

Organic almonds

Allergen Information:

Contains tree nuts.



Recipe:

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Sliced-Almond Cookies

Ingredients:

3 eggs

1 C sugar

1/2 C canola oil

1/2 C sliced almonds

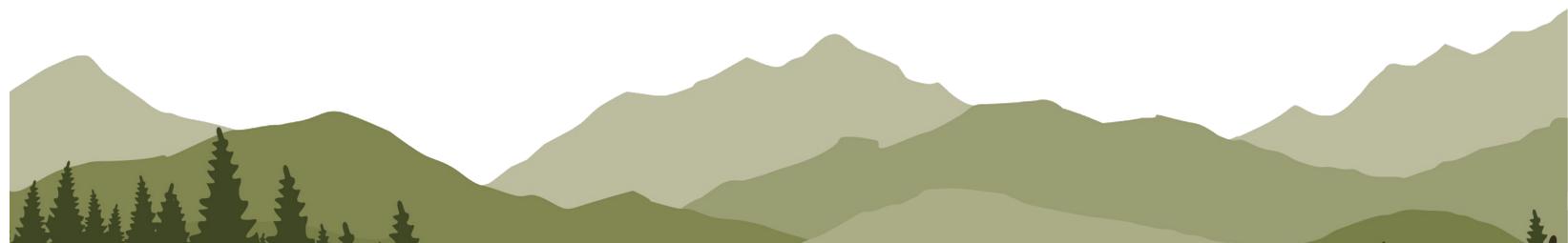
2 tsp baking powder

1 tsp vanilla flavouring

3 C all-purpose flour

Instructions:

1. Beat eggs and sugar until creamy. Add oil, vanilla and baking powder, and then stir in the almonds.
2. Add the flour, one cup at a time. Do not add more than 3 cups. Spoon dough onto a greased and floured cookie sheet forming two loaves. (May be more than two loaves if cookie sheets are small.) Wet hands and form loaves evenly.
3. Sprinkle top with candy sprinkles. Bake at 350F for 15-20 minutes. Remove; let cool and slice diagonally into slices.



Farmer:

Baughner Ranch Organics

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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 their 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.

