

# NUTRITION BY ADDITION: BUILD A BETTER SNACK

## CHECK OUT THESE CREATIVE COMBOS

Almonds are a super snack all on their own. With 6 grams of plant protein to energize you, 4 grams of hunger-fighting fiber, 9 grams of good monounsaturated fat and important vitamins and minerals, it's hard to beat such a power combo of nutrients in every healthy handful.

But one can sometimes be a lonely number. Combining almonds with other favorite foods can add flavor, texture and fun, as well as additional nutrient benefits, to snacks. That's nutrition by addition.



### MIDMORNING PICK ME UP

SLICED ALMONDS

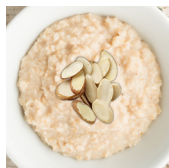


INSTANT OATMEAL



+

=



CHOPPED ALMONDS



GREEK YOGURT



+

=



ALMONDS

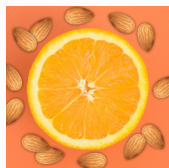


ORANGE



+

=



### AFTERNOON TIDE ME OVER

ALMOND BUTTER



APPLE SLICES



+

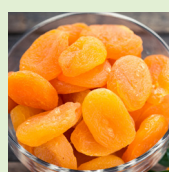
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ALMONDS

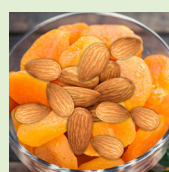


DRIED APRICOTS



+

=



ALMONDS



STRING CHEESE



+

=







## EVENING WIND ME DOWN

<b>ALMONDS</b> 	+	<b>DARK CHOCOLATE</b> 	+	<b>DRIED CHERRIES</b> 	=	
<b>ALMONDS</b> 	+	<b>YOGURT RAISINS</b> 	+	<b>ALMONDS</b> 	=	
<b>ALMONDS</b> 	+	<b>POPCORN</b> 	+	<b>ALMONDS</b> 	=	

## POST WORKOUT RECHARGE ME

<b>ALMONDS</b> 	+	<b>BANANA</b> 	+	<b>ALMONDS</b> 	=	
<b>ALMONDS</b> 	+	<b>GOJI BERRIES</b> 	+	<b>PUMPKIN SEEDS</b> 	=	
<b>ALMOND BUTTER</b> 	+	<b>ALMOND MILK</b> 	+	<b>FROZEN FRUIT</b> 	=	