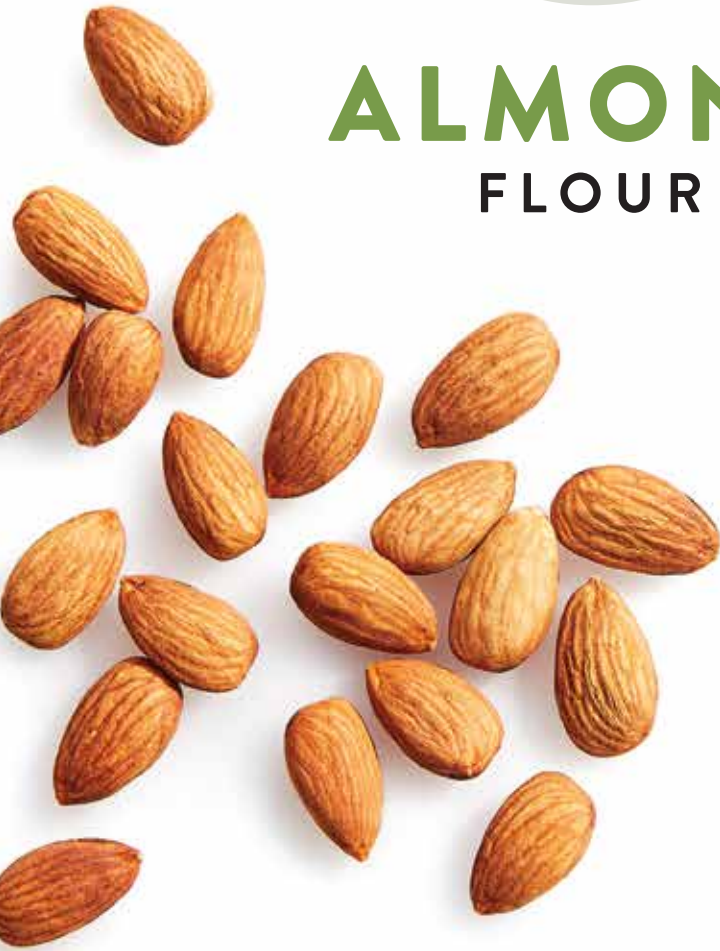


> 100% EMPLOYEE OWNED



# ALMOND FLOUR



**SUPER  
FINELY GROUND**

**NET CARBS  
2g\***

NET WT 16 OZ (1LB) 454g



CONTAINS 8G OF TOTAL FAT PER SERVING.  
SEE NUTRITION INFORMATION FOR FAT CONTENT.  
\*3G TOTAL CARBS - 1G DIETARY FIBER = 2G NET CARBS.



## HOW TO BAKE WITH IT

- **For yeast dough of all kinds (bread, rolls, pizza):**  
Add up to 1/3 cup (32g) almond flour per cup of wheat flour (all-purpose, bread, whole wheat, etc.)
- **Non-Yeasted Recipes:** Substitute up to 1/4 of the total flour in the recipe with an equal amount of almond flour by volume.

## GLUTEN-FREE/GRAIN-FREE SHORTBREAD COOKIES

MAKES 15 COOKIES

### YOU'LL NEED

- 1 CUP (96g) ALMOND FLOUR
- 3 TABLESPOONS (43g) BUTTER, SOFTENED
- 3 TABLESPOONS (21g) CONFECTIONERS' SUGAR
- 1/8 TEASPOON TABLE SALT
- 1/2 TEASPOON VANILLA EXTRACT

## DIRECTIONS

- MIX** ingredients in small bowl until cohesive.
- SCOOP** 1" balls of dough, 1 1/2" to 2" apart, onto parchment-lined or lightly greased baking sheet. Press with fork to flatten to about 1/4" thick.
- BAKE** cookies in preheated 350°F oven for 8 to 10 minutes, until light golden brown on top. Remove from oven and cool on pan.

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## Nutrition Facts

about 28 servings per container  
**Serving size** 1/8 cup (16g)

**Amount per serving**  
**Calories** 90

	% Daily Value*
<b>Total Fat</b> 8g	11%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 5g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 3g	1%
Dietary Fiber 1g	5%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein</b> 3g	3%
Vitamin D 0mcg	0%
Calcium 38mg	2%
Iron 1mg	2%
Potassium 105mg	2%
Magnesium 43mg	10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## INGREDIENTS:

Blanched Almonds.

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