

Nutrition In A Nutshell

Almonds: One Ingredient, Multiple Benefits

(NAPSA)—If you are looking for a single ingredient that can add flavor, texture and nutrition to a dish, consider adding almonds. Almonds can be combined with a variety of other foods for a memorable flavor combination. Plus, a daily portion of almonds (one ounce, or about 23) supplies a number of important nutrients, including antioxidants.

Following is a fun and flavorful recipe that combines almonds with other foods that deliver antioxidants—chocolate, green tea and cherries.

Antioxidant Lace Cookies

- ½ cup slivered almonds**
- ¼ cup flour**
- ½ cup sugar**
- 1 tablespoon green tea powder**
- 2 large egg whites**
- ½ cup unsalted butter, melted and cooled**
- ½ cup diced or finely chopped almonds**
- 3 tablespoons cocoa powder**

Preheat the oven to 325° F. Line 2 large baking sheets with parchment paper. Place slivered almonds in a food processor and process until finely ground. Set aside. Stir together flour, sugar and green tea powder in a small bowl. Set aside. Whisk together egg whites and butter in a large mixing bowl; whisk in flour mixture. Stir in ground almonds. Working in small batches, drop the batter by rounded teaspoonfuls about 3 inches apart onto prepare



Adding almonds to a dish can enhance its flavor and texture. It may also add to the dishes antioxidant content.

baking sheets. Spread batter into 3-inch rounds. Sprinkle half of each round with diced almonds and bake 6 to 8 minutes or until edges of cookies are lightly browned. Immediately remove cookies from sheets and drape over a rolling pin or wine bottle. If cookies become too hard, briefly return to the oven to soften. Cool cookies completely on rolling pin or wine bottle. Repeat with remaining batter. Dust the diced almond side of each cookie with cocoa powder (use a clean, empty salt or pepper shaker that has been filled with the cocoa or use a spoon to lightly dust cookies). For a simply delicious dessert, serve 2 lace cookies with a ½ cup of Almond-Cherry Sorbet.

Find the Almond-Cherry Sorbet recipe and many others at www.AlmondsAreIn.com.