

HARNESSING HEALTH BENEFITS FOR POST-PANDEMIC CONSUMER APPEAL



IN A NUTSHELL

DID YOU KNOW?

Nine out of the top ten health claims are observed more frequently on new food products with almonds than on total food introductions, according to Innova Insights' latest Global New Products Report. As manufacturers continue to respond to rising consumer demand for healthy foods, it's no surprise that Europe continues to lead the globe for new product introductions with almonds. The top health claims found on products with almonds in European countries include¹:

- **Vegetarian** (#1 health claim in UK)
- **Gluten-free** (#1 in Italy and #3 in UK, France and Germany)
- **Vegan** (#2 in UK and Germany)
- **High/Source of Fibre** (#4 in UK, France and Italy)
- **High/Source of Protein** (#4 in Germany)

1 Innova Market Insights, Global New Product Introductions Report, 2020. May 2021.

RECIPE ROUND-UP



GUT HEALTH AND THE GUT MICROBIOME

Consumer interest in gut health and the gut microbiome continues to grow. [Read more](#) about what in vitro research hypothesises about almonds' potential prebiotic effects.

This [Golden Almond Tepache](#) blends almond milk with pineapple, passion fruit puree and ground turmeric to combine pre- and probiotics.

PLANT-BASED PROTEINS

Almonds and legumes deliver powerful plant-based proteins as consumers seek out blended products.

These [Chewy Almond Power Cookies](#) combine almonds and chickpeas to create a quality plant-protein base and value-added snack or breakfast cookie.



CARDIOVASCULAR HEALTH

Almonds provide [several key nutrients](#) that contribute to cardiovascular health.

This [Almond Cherry Blossom "Jelly Donut" Chia Pudding](#) mixes almond milk, chia seeds and cherries to serve up a heart-smart snack or breakfast item.

IN THE ORCHARD



It's Harvest time!

In California almond orchards, farmers have been busy shaking the nuts off the trees. This year's crop is [forecast](#) to provide 2.8 billion pounds to satisfy continued consumer demand.

For the latest on-farm updates and sustainability information, follow the new [Growing Almonds Instagram!](#)

WHERE IS ABC?



[Food Dive's Kitchenside Talks](#)

[Bridge2Food](#)

Did you miss us live during Food Dive's Kitchenside Talks? Don't worry— you can still watch our episode ["Optimizing Taste & Texture in Plant-Forward Foods"](#) with Rachel Zemser Certified Food Scientist (IFT), Certified Culinary Scientist (RCA), and Founder of A La Carte Connections, LLC and discover why almonds are a critical tool for product manufacturers when developing plant-based and free-from snack products!

ABC recently sponsored the virtual **Bridge2Food** conference during which Chef Henry Hill presented the latest data on consumer perceptions of almonds and posited why they are an ideal ingredient in plant-based formulations, specifically focusing on almond milk and defatted almond flour. Check out the full session with Henry on [YouTube](#).

LOOKING AHEAD

The Almond Board of California is a sponsor at this year's [Virtual World Food Innovate Summit](#) on October 18th-19th. If you're planning to attend, make sure to visit our virtual booth to discover a range of resources and learn why almonds are a formulator's secret weapon when it comes to innovating for success.



We're also hosting a live session with **Food Futurologist Dr Morgaine Gaye** on "A Taste of Things to Come: The Future of Food". As consumers become more health conscious, concerned for our planet and aware of what we consume, she'll be talking about the importance of food trends and what's coming next to provide inspiration on tailoring innovation to meet shifting demand. Make sure you tune in at **10:10am CET on Wednesday 18th October** to find out more!

FEEDBACK

Your feedback helps us bring you more relevant content and resources, so we'd love to hear from you with suggestions on topics of interest, almond forms, or any other information you're interested in. You can provide your feedback by emailing us at foodprofessionals@almonds.com.

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