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Division

Today, consumers are actively involved in managing their diets—increasingly looking for nutrient dense foods to help support an overall healthy lifestyle.



# Blue Diamond Almond Flour



With Blue Diamond Almond Flour, you can easily transition from traditional flours in your recipes without compromising taste or texture. Blue Diamond Almond Flour offers a smooth mouthfeel and adds a rich, buttery flavor.

- Contains all of the **health benefits of whole almonds**
- High in **Protein, Fiber, Antioxidants, and Healthy Fats**

**Finally, consumers do not have to sacrifice taste to create healthier, more nutritious versions of the recipes they already love.**

## PRODUCT OPTIONS

### Extra Fine Natural

With exceptionally fine granulation, it is as versatile as blanched flour while maintaining a natural light tan color

### Extra Fine Blanched

The finest granulation almond flour available with a powder-like consistency that is perfect for delicate cookies, breads, and cakes

### Fine Blanched

Gives nutrition and texture to everyday baking and cooking, and toasts to rich golden color

## NUTRITION

**Blue Diamond Almond Flour meets customer demand with a healthier and more nutritious alternative to other processed flours.**

- Almond flour is low on the glycemic index and is naturally gluten free
- Each ¼ cup serving contains 6 grams of power-packed protein, 3.5 grams of fiber, and 75 mg of calcium
- High in mono-unsaturated (good) fats (13 grams/serving)
- A great food source of antioxidant Vitamin E

## TASTE

**Blue Diamond Almond Flour has a smooth mouth feel and a light, buttery flavor that tastes great in all applications.**

## VERSATILITY

**Blue Diamond Almond Flour is perfect for both baking and cooking. Whether you choose natural or blanched, our almond flour offers the finest granulation on the market today—Providing the perfect flour alternative for use in a wider array of applications.**

- Produces moist cakes, breads, and muffins
- Makes crispy crusts, crackers, and breading
- Used as a thickener for sauces and soups

## STORAGE

Blue Diamond Almond Flour is packaged in lined 25lb cartons.

Best stored refrigerated or frozen up to 12 months.



**CONTACT US TODAY FOR MORE INFORMATION**

### CONTACT

For more information, call 916.446.8500  
or email us at [ingredientsales@bdgrowers.com](mailto:ingredientsales@bdgrowers.com)

### APPLICATION AND RECIPE CONCEPTS

please visit [bdingredients.com/recipes](http://bdingredients.com/recipes)



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