

ALMONDS

MOOD & COGNITION

A rapidly growing body of scientific research shows that nuts, including almonds, can have positive effects on the brain. This is highly relevant given Australia's growing mental health crisis and ageing population.

- Maintaining good nutrition is vital for brain health as we get older.
- Almonds contain a unique package of nutrients that can support healthy brain structure and function. For example, almonds are rich in vitamin E which provides antioxidant and anti-inflammatory protection.
- There is strong scientific evidence that nuts are associated with a reduction in the cognitive decline associated with ageing.
- There is emerging scientific evidence that nuts and almonds may improve wellbeing, mood and memory.
- One serve of almonds (1 handful or 30g) daily may help to prevent cognitive decline, while up to two handfuls (60g) each day may improve shorter-term outcomes of mood and memory.

Simone Austin is an advanced sports dietitian, keynote speaker and author. She is also our nutrition program ambassador.



australian
almonds

fitness & sports
nutrition

HOT AND SPICY ALMONDS



Ingredients

200g oven roasted almonds (approx. 1 cup)
1 teaspoon garlic powder
1 teaspoon ground cumin
½ teaspoon chilli powder (1 teaspoon = extra hot)

¼ teaspoon ginger powder
1 teaspoon Schezuan peppercorns, crushed in a mortar and pestle
4 teaspoons (20ml) honey

Method

1. Line a baking tray with baking paper.
2. Heat up a non-stick fry pan.
3. Add all dried spices and cook over a medium heat for 1-3 minutes, stirring constantly, until fragrant.
4. Add almonds to pan and stir briskly for a minute or two to heat them up.
5. Add honey and stir briskly to combine with the spice mixture. This will take a minute or two.
6. Turn out on baking tray to cool at room temperature, then break into small pieces.
7. Keeps well in an air-tight container for a week.

Recipe: <https://australianalmonds.com.au/recipe/hot-spicy-almonds/?v=6cc98ba2045f>

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