

ALMONDS & GUT HEALTH

Interest in gut health has increased exponentially over recent years. Understanding what drives a healthy gut is still in its infancy, but current knowledge suggests a healthy gut is dependent on abundant and diverse gut bacteria, also known as gut microbiota⁽¹⁾.

- Gut health, and specifically microbiota balance and diversity, can influence overall health.
- Almonds are one of the few foods to contain a unique package of fibre, phytochemicals and unsaturated fat, that can all positively affect the gut microbiota composition.
- There is scientific evidence that shows that eating at least 1 large handful (>42g) of almonds daily has a positive effect on gut microbiota.
- Scientific evidence suggests long-term nut consumption may also decrease the risk of colorectal (and colon) cancer recurrence and death, and this link may be more apparent in women than men.

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ROSEMARY ROASTED ALMONDS

Lightly roasting almonds adds a delicious flavour and does not impact the nutrient content.

Ingredients

- 2 cups almonds
- 1 tablespoon extra virgin olive oil
- 2 tablespoons fresh rosemary leaves, finely chopped
- 2 teaspoons honey
- ½ teaspoon chilli powder or hot cayenne pepper

Method

1. Preheat the oven to 180 degrees Celsius and line a baking tray with baking paper.
2. Spread almonds over tray and roast for 10 minutes.
3. Meanwhile, mix the olive oil, rosemary, honey and cayenne pepper in a medium bowl.
4. Tip roasted almonds into olive oil mixture and stir well until fully combined.
5. Serve immediately or allow to cool and store in an air-tight container.

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

References:

1. Valdes AM, Walter J, Segal E, Spector TD. Role of the gut microbiota in nutrition and health. *BMJ* 2018;361:k2179.

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