



ALMOND POWDER GUIDE

LEARN ABOUT THE
HEALTH BENEFITS AND
GET DELICIOUS RECIPES



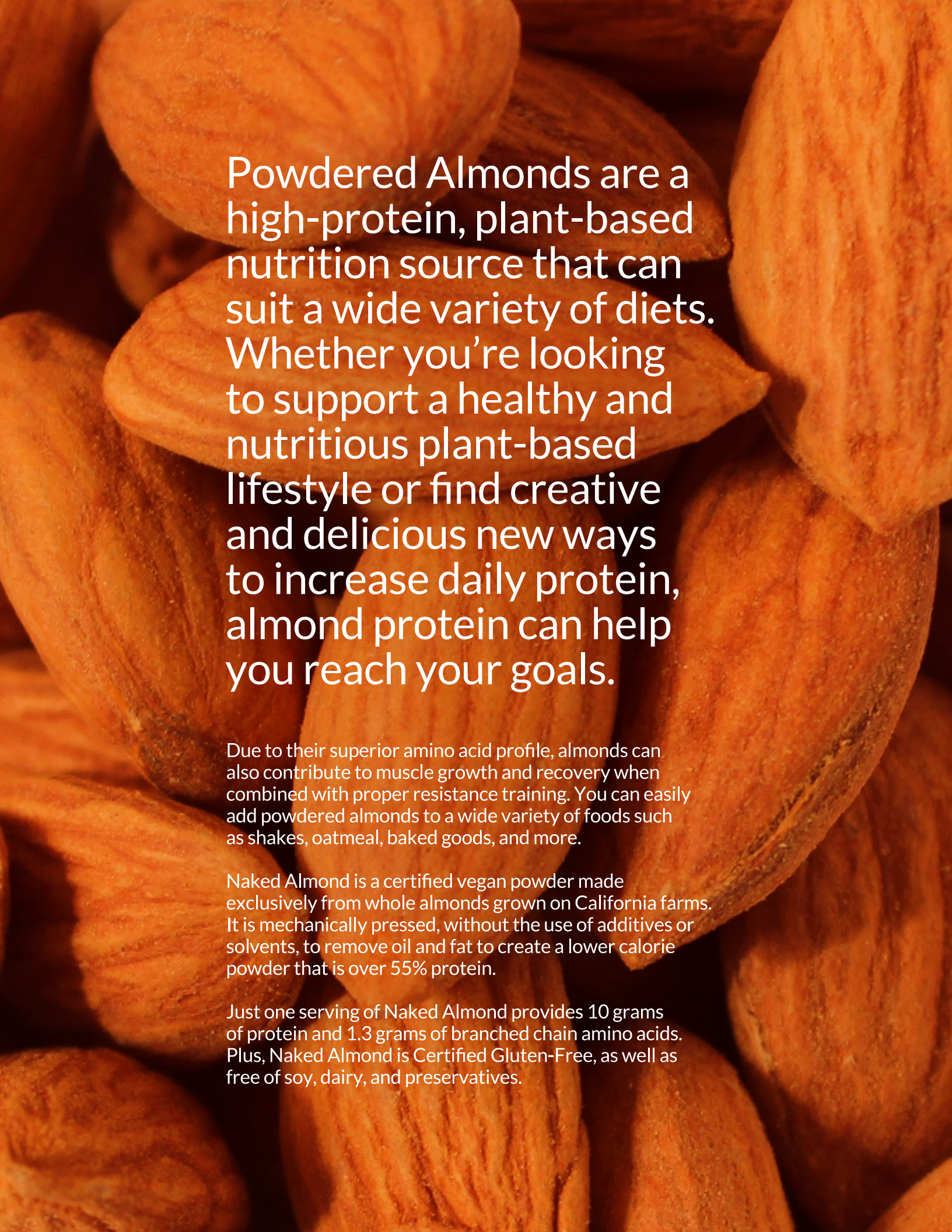
ABOUT NAKED NUTRITION

At Naked Nutrition we are dedicated to helping you reach your health and fitness goals by sourcing the cleanest ingredients, using as few of them as possible, and being transparent so you know exactly what's going into your body.

TABLE OF CONTENTS



Key Benefits	4
Tips & Tricks	6
Maple Tahini Granola	7
Pumpkin-Almond Waffles	8
Homemade Almond Butter	9
Chocolate chip cookie dough protein balls	10
Sundried Tomato & Cheese Crackers	11
Banana Flax Muffins	12
Pie Crust	13
Grain Free Chicken Tenders with Almond Soy Dipping Sauce	14
Pizza Dough	16
Protein Chocolate Pudding	17
Pumpkin Yogurt Bread	18



Powdered Almonds are a high-protein, plant-based nutrition source that can suit a wide variety of diets. Whether you're looking to support a healthy and nutritious plant-based lifestyle or find creative and delicious new ways to increase daily protein, almond protein can help you reach your goals.

Due to their superior amino acid profile, almonds can also contribute to muscle growth and recovery when combined with proper resistance training. You can easily add powdered almonds to a wide variety of foods such as shakes, oatmeal, baked goods, and more.

Naked Almond is a certified vegan powder made exclusively from whole almonds grown on California farms. It is mechanically pressed, without the use of additives or solvents, to remove oil and fat to create a lower calorie powder that is over 55% protein.

Just one serving of Naked Almond provides 10 grams of protein and 1.3 grams of branched chain amino acids. Plus, Naked Almond is Certified Gluten-Free, as well as free of soy, dairy, and preservatives.

KEY BENEFITS

A few of the many reasons why Naked Almond is the perfect addition to your favorite high-protein recipes.



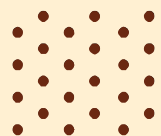
ONLY ONE INGREDIENT

California whole almonds with no artificial sweeteners, flavors, or colors.



MILD FLAVOR

A satisfying, mildly sweet flavor that can easily mix into sweet or savory dishes.



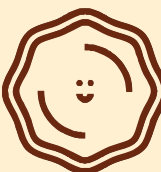
FINE, NUTTY TEXTURE

A pleasant, nutty texture that perfectly blends into your shakes and baked recipes.



SUPPORT YOUR DIET

Certified Gluten-Free, vegan, soy free, and dairy-free, suitable for a wide variety of diets.



EASILY DIGESTED

Easily digestible clean ingredients without GI discomfort or other side effects.



NUTRIENT DENSE

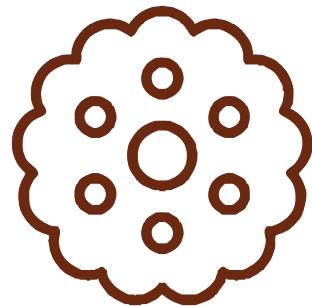
A great source of protein, fiber, potassium, calcium, and branched chain amino acids.

TIPS & TRICKS

Naked Almond was formulated for versatility so that it could be easily added to a wide range of beverages and recipes. It usually won't interfere with the texture or palatability, but if there are subtle but noticeable changes in the dish, the below tips and tricks should help offset them.

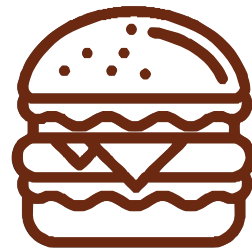
MOIST, FLAVORFUL BAKED GOODS

A dry ingredient like powdered almonds can impact the intended moisture level of baked dishes like muffins or a banana bread. Add equal parts water, or your fat source of choice, to retain optimal moisture levels in the recipe. (e.g. if you add $\frac{1}{4}$ cup of protein powder, add $\frac{1}{4}$ cup of water to the recipe)



MEAT SUBSTITUTES

If you're adding Naked Almond to plant-based burgers, meatballs, or meatloaf, be sure to also add wet ingredients like water or broth. This is an important step to ensure that the protein powder is evenly distributed in the dish.



CUSTARDS AND FILLINGS

When adding Naked Almond to custards and fillings, blend with the other dry ingredients such as cornstarch, or cocoa powder, before adding the wet ingredients. This will help create an ideal, thick texture and consistency to the custard.





MAPLE TAHINI GRANOLA

INGREDIENTS

3 cups rolled oats

2 tablespoons tahini

1/2 teaspoon ground cinnamon

1/4 teaspoon kosher salt

1/4 cup Naked Almond

1/4 cup maple syrup

1/4 cup olive oil

1 teaspoon vanilla extract

1/2 cup dried cranberries

1/2 cup coarsely chopped pecans

4 egg whites

DIRECTIONS

1. Heat the oven to 300°F and arrange a rack in the middle.
2. Place the oats, cinnamon, and salt in a large bowl and stir to combine; set aside.
3. Place the maple syrup, tahini, oil, egg whites, Almond, and vanilla extract in a small bowl and stir to combine. Pour over the oat mixture and mix until the oats are thoroughly coated.
4. Spread the mixture in a thin, even layer on a rimmed baking sheet. Bake for 15 minutes, then stir and continue baking until the granola is very light golden brown, about 5 to 15 minutes more. Add the chopped pecans to the granola mixture for the last 5 minutes of baking.
5. Place the baking sheet on a wire rack and cool the granola to room temperature, stirring occasionally, about 20 minutes.
6. Add the cranberries to the baking sheet and toss to combine. Once cooled, store the granola in an airtight container for up to 2 weeks.



PUMPKIN-ALMOND WAFFLES

INGREDIENTS

- 1 cup whole wheat flour
- 1/2 cup Naked Almond
- 1 1/2 teaspoons baking powder
- 1/8 teaspoon kosher salt
- 2 eggs
- 1/2 cup vegetable oil
- 1/4 cup canned pumpkin
- 2 tablespoons granulated sugar
- 3/4 cup buttermilk
- 2 tablespoons pumpkin pie spice
- 1 teaspoon vanilla extract

DIRECTIONS

1. Preheat waffle maker on medium-high heat.
2. Whisk the flour, baking powder, and salt together in a large bowl.
3. Whisk the remaining ingredients in a medium bowl until combined. Pour into dry ingredients and whisk until combined and no large lumps remain.
4. Pour some batter into each well of the waffle maker and close the lid. Cook the waffles until golden brown and crisp, 5-6 minutes.
5. Serve warm waffles with your favorite toppings.



HOMEMADE ALMOND BUTTER

INGREDIENTS

2 cups Naked Almond

1 ½ cup water

½ tsp salt

DIRECTIONS

1. Mix water, salt, and almond flour together in a bowl until well combined. If you like your almond butter thicker, feel free to add more protein powder. To thin it out, add more water.
2. Optional: add mix-ins such as chocolate chips, cinnamon, or shredded coconut.
3. Enjoy in smoothies, oatmeal, or on toast.

MAKES 10 SERVINGS

CHOCOLATE CHIP COOKIE DOUGH PROTEIN BALLS

INGREDIENTS

- ¼ cup maple syrup
- ¾ cup Naked Almond
- ¾ cup flaxseed meal
- ½ cup nut butter
- ½ teaspoon vanilla extract
- ½ cup chocolate chips
- ½ teaspoon kosher salt

DIRECTIONS

1. Mix all ingredients together in a mixing bowl until well-combined.
2. Roll dough into golf-sized balls.
3. Place in the fridge for at least 2 hours or overnight to chill.
4. Enjoy!



SUNDRIED TOMATO & CHEESE CRACKERS

INGREDIENTS

- | | |
|--|--|
| 4 cups sharp cheddar, coarsely grated | 1/4 cup chopped jarred sundried tomatoes |
| 1 cup plus 2 tablespoons all-purpose flour | 5 tablespoons chilled unsalted butter, cut into pieces |
| 1/4 cup Naked Almond | 2-4 tablespoons ice water |
| 1 1/2 teaspoons kosher salt | 4 tablespoons “everything but the bagel seasoning” |
| 1 tablespoon dried onion flakes | |

DIRECTIONS

1. Pulse cheese, flour, Naked Almond, salt, and onion flakes in a food processor to combine. Add sundried tomatoes and pulse until the mixture turns reddish-orange. Add butter and pulse until the largest pieces are about the size of a pea.
2. Drizzle in 2 tablespoons of ice water and pulse 2 or 3 more times. The dough should stick together when squeezed into your hand. If not, pulse in another tablespoonful of ice water.
3. Transfer dough to a work surface and form into two tightly packed 2”-diameter logs.
4. Gently sprinkle everything but the bagel seasoning over the surface and roll log over sesame seeds, pressing them into the dough to adhere, until completely coated. Discard any seeds that don’t stick.
5. Wrap dough in plastic and chill for at least 4 hours and up to 2 days before rolling out.
6. Place a rack in the middle of the oven; preheat to 350°. Unwrap dough and using a sharp knife, slice into thin rounds; aim for 1/4” thick.
7. Transfer rounds to a parchment-lined baking sheet, spacing about 1” apart (they won’t all fit in one batch).
8. Prick each cracker 3–4 times with a fork to keep them from puffing up and bake, rotating baking sheet front to back halfway through until tops and edges are golden, 25–30 minutes. Let cool on a baking sheet; crackers will crisp as they cool.
9. Repeat with remaining rounds and a fresh parchment-lined baking sheet.



BANANA FLAX MUFFINS

INGREDIENTS

2 cups whole wheat flour
1 cup rolled oats
1/2 cup Naked Almond
1 teaspoon baking powder
1 teaspoon baking soda
1/2 teaspoon kosher salt
2 tbsp ground flax seeds
1 1/2 cups full-fat Greek yogurt
2/3 cup honey
2 eggs
6 tablespoons unsalted butter, melted
and slightly cooled
1 teaspoon vanilla extract
2 cups mashed banana

DIRECTIONS

1. Preheat the oven to 350 degrees.
2. In a large bowl, combine flour, oats, flax seeds, Naked Almond Protein Powder, baking powder, baking soda, and salt.
3. In a mixer or a large bowl, mix Greek yogurt, honey, eggs, butter, and vanilla until the batter is smooth and creamy.
4. Slowly whisk the flour mixture into the wet ingredients. After 2-3 minutes, a thick, scoopable batter that's the consistency of frosting should form. If the batter is too thick, whisk in a few tablespoons of water.
5. Gently fold in the mashed banana with a spatula. Grease a 12-count muffin tin or insert muffin liners. Spoon batter into muffin tins, filling them to the top.
6. Bake until the tops are golden brown and the muffins spring back when gently touched, after 20-25 minutes.



PIE CRUST

INGREDIENTS

- 3 1/3 cups all-purpose flour
- 1 cup Naked Almond
- 2 teaspoons kosher salt
- 20 tablespoons (1 1/4 cup) unsalted butter
- 4 oz cream cheese, cut into 1" pieces
- 1/2 teaspoon baking powder
- 1/2 cup cold water
- 1 tablespoon white vinegar

DIRECTIONS

1. In a large bowl, stir together the flour, Naked Almond, baking powder, and salt with a fork. Cut in the butter.
2. In a small bowl, beat together the water, and vinegar, slowly add to the flour mixture. Stir until all ingredients are moistened.
3. Divide dough into 2 portions. Using your hands shape each into a flat round patty ready for rolling. Wrap each patty in plastic or waxed paper and chill for at least 1/2 an hour.
4. When you are ready to use the pie crust, lightly flour both sides of the patty and roll out on a lightly floured board or pastry cloth. Keeping the pastry round, roll from the center to a 1/8-inch thickness into a circle 2 inches larger than the top of the pie pan.
5. Fold in halves or quarters, transfer to the pie pan, unfold and fit in loosely. Press with fingers to remove air pockets.
6. Add your favorite filling into the pie crust. Place the other crust on top; flute edges with a fork and place decorative slits on top of crust to allow steam to escape. Bake as directed in the pie recipe you are following. Once the crust is golden and the filling is bubbling, remove the pie from the oven. Serve with vanilla ice cream or whipped cream.



GRAIN FREE CHICKEN TENDERS WITH ALMOND SOY DIPPING SAUCE

INGREDIENTS

CHICKEN TENDERS

- 1 1/2 pounds raw chicken tenders
- 1/4 cup almond flour
- 2 eggs
- 2 tablespoons olive oil

ALMOND-SOY DIPPING SAUCE

- 2 tablespoons almond butter
- 2 tablespoons soy sauce
- 1 teaspoon finely minced ginger
- 1 teaspoon finely minced garlic
- 1 teaspoon honey
- Juice of 1/2 a lime

BREADING:

- 1/2 cup almond flour
- 1/2 cup Naked Almond
- 1 teaspoon paprika
- 1 teaspoon cumin
- 1 teaspoon cayenne powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1 teaspoon dried oregano
- 2 teaspoons kosher salt
- 1/4 teaspoon ground pepper

DIRECTIONS

1. Preheat the oven to 375 degrees. Place a large sheet pan in the oven to heat up.
2. Season chicken tenders on both sides with salt and pepper. Add 1/4 cup almond flour to a plate. Add eggs to a bowl and whisk well. Then add 1/2 cup almond flour, Naked Almond, paprika, cumin, cayenne powder, garlic powder, onion powder, oregano, and salt.
3. Dip the chicken tenders first in the almond flour. Pat off excess flour. Dip in the egg. Lastly, press the chicken tender into the breading mixture, being careful to press firmly to pack in the breading to the chicken. Repeat with remaining chicken.
4. Once you've breaded the chicken tenders, pull the sheet pan out of the oven and oil the pan. Put the chicken tenders on the pan and place back in the oven. Bake for 10 minutes. Flip and bake another 3-4 minutes until cooked through. Serve with your favorite condiments.
5. To make the dipping sauce, mix all ingredients together and mix well to ensure the almond butter incorporates with the soy sauce.





PIZZA DOUGH

INGREDIENTS

- 2 teaspoons honey
- 2 1/2 cups warm water
- 1/2 teaspoons active dry yeast
- 6 cup bread flour or Italian 00 flour
- 1/3 cup whole wheat flour
- 1/4 cup Naked Almond
- 3 tablespoons kosher salt
- 2 tablespoons olive oil

DIRECTIONS

1. Whisk **honey, yeast**, and water in a bowl, let sit in a warm place for about 5 minutes. Yeast water should be bubbly and foamy.
2. In a large mixing bowl, stir together the flours, Naked Almond, and salt.
3. Pour the yeast water and olive oil into the bowl and mix until a soft dough ball forms.
4. Knead the dough on a well-floured surface for a couple of minutes. Then place back in the bowl, cover, and allow to rise in a warm spot for 1 hour.
5. Punch the dough down and turn the dough ball over in the bowl. Cover again and let sit out for 4 hours. Then chill for 2 hours and up to 12 hours.
6. You can choose to make one large pizza with the dough, or divide in two and freeze the second half for later use. Roll the dough out and place on a pizza pan sprinkled with cornmeal (optional).
7. Top with sauce and cheese and any toppings you like. Bake at 400°F for 5-7 minutes, until the cheese looks bubbly or the edges of the crust begin to brown.



PROTEIN CHOCOLATE PUDDING

INGREDIENTS

- 1/2 cup granulated sugar
- 1/4 cup unsweetened cocoa powder
- 3/4 cup semisweet chocolate chips
- 1/4 cup Naked Almond
- 1/8 cup cornstarch
- 1/4 teaspoon kosher salt
- 2 cups cold whole milk
- 1 tablespoon unsalted butter
- 1 teaspoon vanilla extract

DIRECTIONS

1. In a heavy saucepan, whisk together the sugar, cocoa, Naked Almond, cornstarch, and salt until combined.
2. Gradually add milk, whisking until no lumps remain. Bring to a boil over medium heat, stirring constantly for about 3-4 minutes until it thickens. Remove from the heat; stir in chocolate chips, butter, and vanilla.
3. Allow the mixture to cool completely, stirring occasionally to avoid a skin forming. Pour into individual serving glasses. Pudding will continue to thicken as it cools.
4. Enjoy once the pudding has chilled. Top with homemade whipped cream and chocolate shavings.

PUMPKIN YOGURT BREAD

INGREDIENTS

2 cups all-purpose flour
1/4 cup Naked Almond
1 teaspoon baking powder
1 teaspoon baking soda
1/2 teaspoon kosher salt
1 tablespoon pumpkin pie spice
3/4 cup packed light brown sugar
1/4 cup granulated sugar
1/4 cup plain yogurt
1/2 cup unsalted butter, softened
2 eggs
2 cups canned pumpkin
1/2 teaspoon vanilla extract
3/4 cup chopped almonds or
chocolate chips (optional)

DIRECTIONS

1. Preheat the oven to 350 degrees. Grease a 9 x 5 x 2 3/4 inch loaf pan.
2. In a large bowl, combine flour, Naked Almond, baking powder, baking soda, salt, and pumpkin pie spice. Set aside.
3. In a separate bowl, use an electric mixer to beat the brown sugar, granulated sugar, and butter until smooth and creamy, about 2 minutes.
4. While keeping the mixer on, slowly add the eggs to the butter mixture, one at a time. Then beat in the yogurt, pumpkin, and vanilla extract.
5. Slowly add the dry ingredients to the pumpkin mixture, beating on low speed until just combined.
6. Gently fold in the almonds and/or chocolate chips (optional).
7. Spoon the batter into the pan. Bake for 50-60 minutes or until a toothpick inserted in the center comes out clean. Cool for 10 minutes; remove from pan. Cool completely on a wire rack. Slice to serve.



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