

## *Buying Almonds*

Just walk down any aisle of your favorite supermarket and you'll find almonds--even in those places you wouldn't expect! They're in the breads and cakes of the bakery section and grace the tastiest ice creams in the freezer sections. And of course they're in the bulk and baking-ingredient aisles in all their forms for cooking and snacking.

### **Bakery Department**

The bakery aisle is almond heaven in most markets. Almonds top breads and pastries, as well as scones and a large variety of gourmet and specialty cookies, including coffee's best friend, biscotti.

Baking your own treats? Packaged almonds are available in the baking-needs aisle for inclusion in your favorite cake, muffin and bread recipes, and are also available in convenience-minded muffin mixes. Marzipan, the European candy-like almond dough, is sold in small tubes in the baking aisle, as are nut butters.

### **Frozen Food Section**

Almonds in the freezer aisle? These tasty nuts have flavor and variety down cold--and can be found in some foods you might not expect. Many stores also offer meatless burgers which include almonds as a delicious source of protein, to please the vegetarian palates. And the frozen food section is, of course, where you can find your favorite almond ice-cream such as Almond Mocha Fudge or Rocky Road.

### **Package Convenience Foods**

Just about every aisle of the grocery store contains packaged foods. In the rice and soup sections, you can find easy-to-prepare rice and almond mixes, and soups that include almonds for the extra body and flavor. Dried cereals with almonds also abound at the grocery store, adding that little extra surprise to your average breakfast.

### **Snack Foods Aisle**

Almond snacks abound as well at the grocer's. How about fun popcorn blends with almonds? Some stores now offer gourmet rice cakes containing almonds as well as crackers, energy bars and mixed-nut combinations perfect for a quick pick-me-up snack. And for the craving sweet tooth, there are a variety of candy bars and packaged sweets in the candy aisle.

### **Produce Section**

And where else might you find a super plant food like almonds but in the produce aisle? Almonds are in everything from packaged trail mix to the bulk-foods island both in their natural form and seasoned or roasted. Whichever aisle you shop, you're sure to find plenty of enjoyable, nutritious almonds.