

[IMAGE]

Nuts About Almond Butter

By Editorial Staff

A healthy alternative to peanut butter has made its way into the health foods zone: almond butter. Lauded for its numerous health benefits, almond butter has become a great alternative for the growing number of people who have peanut allergies and for those who are seeking a great new health food.

More than 3 million people in the U.S. have peanut allergies, among them millions of children. (Allergies among children have doubled in the past two decades, according to the American Academy of Allergy Asthma and Immunology.) Fortunately, adults and children can snack on almond butter as a sandwich spread or use it as a dip for veggies and know it's good for them.

Here's why:

- It contains less calories and saturated fat and more fiber, calcium, iron, vitamin E and magnesium (based on a 2,000 calorie diet) than peanut butter.
- peanut butter - Copyright © Stock Photo / Register Mark It can protect your heart. It's high in monounsaturated fats, which are associated with a reduction in heart disease risk.
- Almond butter is packed with essential minerals. Some of the highly concentrated minerals found in almond butter include manganese and copper. It's also rich in calcium, iron and magnesium.
- Almond butter is an excellent protein source. Almonds are packed with protein. One quarter-cup of almonds alone contains 7.62 grams of protein – more protein than an egg provides (only 5.54 grams).
- It tastes great! With a smooth, grainy texture and creamy, nutty taste, this alternative to peanut butter complements everything from toast to vegetables.

So try almond butter today!

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