



Almond Flour Recipes 101: Delicious, Low Budget, Mouth Watering Almond Flour Recipes Cookbook

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Almond flour is made from ground sweet almonds. Almond flour is usually made with blanched almonds (no skin). It is used in pastry and confectionery– in the manufacture of almond macarons and other sweet pastries, in cake and pie filling, such as Sachertorte and is one of the two main ingredients of marzipan and almond paste. Almond meal has recently become important in baking items for those on low carbohydrate diets. It adds moistness and a rich nutty taste to baked goods. Items baked with almond meal tend to be calorie-dense.

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