



Almond Form Fundamentals:

Everything You Need to Enhance Flavor, Texture and Versatility

Introduction

California almonds are a cornerstone of food innovation, offering versatility, nutrition, and clean-label appeal. With over 14 forms available – such as whole, flour, butter, and milk – almonds deliver diverse textures and flavors to meet consumer demands for health-focused, sustainable, and plant-based foods. This guide highlights the unique technical properties of each almond form and how they can elevate culinary applications, providing product developers with the tools to create innovative and on-trend products.

Explore the latest trends that are shaping culinary innovation and learn how almond versatility provides solutions to meet consumer preferences.



Almond Forms & Functions



Whole Almonds: Almonds in their natural, unprocessed form with or without the skin.

Technical considerations: retain maximum crunch and visual appeal in dishes and products. Natural skin provides fiber and additional nutrients.

Applications: granola, snack, and trail mixes, roasted and seasoned for premium snacking, garnishes for salads, flavored/coated almonds (common in the US, up and coming in many other countries), grain bowls and desserts.

Get inspired to use whole almonds with examples from Innova Ingredient Genius:

- Caramel Honey Almonds, Indonesia
- Kiskis Sandwich Seaweed Filled with Almond, China



Almond Milk: A plant-based milk alternative made from almonds and water, often fortified with vitamins.

Technical considerations: creamy mouthfeel with a mild, nutty flavor. Can be sweetened or unsweetened and flavored.

Applications: substitute for dairy in RTD or shelf-stable coffee, cheese, yogurt, smoothies, frozen desserts, and cereal, base for soups and creamy sauces, use in baked goods for added moisture and a hint of almond flavor.

Get inspired to use almond milk with examples from Innova Ingredient Genius:

- Glico Almond Koka Almond Milk: Unsweetened, Malaysia
- Califia Farms Birthday Cake Flavored Almond Creamer, USA



Slices or Flakes: Thinly sliced almonds with or without the skin, often toasted for added flavor.

Technical considerations: light and crisp texture enhances appearance and crunch. Easily toasted to develop a deeper flavor. Slice thickness can be altered to get the required sensory texture.

Applications: toppings for salads, oatmeal and yogurt, bowls, decorative elements for cakes and pastries, incorporate into granola or trail mixes.

Get inspired to use almond slices/flakes with recipes from almonds.com:

- [Mediterranean Almond Wafers](#)



Almond Meal: Coarsely ground almonds, often made from almonds with the skin.

Technical considerations: coarser texture compared to almond flour. Retains more natural almond oils, enhancing moisture.

Applications: gluten-free breading or coating, base for denser baked goods like cookies and brownies, thickening soups, dips, or sauces.

Get inspired to use almond meal with examples from Innova Ingredient Genius:

- Justine's Ginger Crunch Keto Cookie with almond meal, New Zealand
- Food To Nourish Choc Brownie Mix, Australia



Chopped: Cut almond pieces, larger than diced almonds.

Technical considerations: offer a rustic texture and flavor burst. Retain crunch in both raw and roasted applications. Size can vary depending on preference to provide a crunchy texture as a garnish.

Applications: Sprinkle on salads, incorporate into bread dough or savory stuffing, use as a topping for dishes.

Get inspired to use chopped almonds with recipes from almonds.com:

- [Lavender-Rose Almond Crispers](#)





Slivers: Thin, stick-like pieces of almonds, typically blanched.

Technical considerations: provide consistent crunch without overwhelming a dish. Retain shape well during cooking or baking.

Applications: Stir into rice pilaf or vegetable dishes for added texture, topping for meals, salad kits, or baked goods like muffins or pies, use in granola, snack mixes, or snack bars for uniform texture.

Get inspired to use almond slivers with recipes from almonds.com:

- [Togarashi Nori Almond Crunch](#)



Halves: Almonds split into two symmetrical pieces.

Technical considerations: provide substantial crunch or visual appeal. Hold shape well in both raw and roasted forms.

Applications: use in nut mixes or as a garnish for salads, incorporate into the stuffing of savory dishes.

Get inspired to use almond halves with recipes from almonds.com:

- [Sweet & Salty Almond Breakfast Bars](#)



Diced: Small, cube-shaped almond pieces.

Technical considerations: provide even distribution throughout a dish. Consistent size allows for uniform cooking.

Applications: mix into cookie or muffin batters, sprinkle on ice cream or desserts as a topping, use in granola or snack bars and bites.

Get inspired to use diced almonds with recipes from almonds.com:

- [Almond Butter-Stuffed Banana Bread Bites](#)



Almond Paste: A smooth, sweetened mixture of ground almonds and sugar.

Technical considerations: high moisture content creates soft textures in baked goods. Can be blended into recipes without altering the structure.

Applications: Fillings for pastries like croissants and tarts, blend into cookie or cake batters for added flavor, base for marzipan or decorative confections, or as an ingredient enhancing flavor and creamy texture in dairy free chocolate.

Get inspired to use almond paste with examples from Innova Ingredient Genius:

- Spreaday Almond Spread With Cocoa, India
- Attilio Servi Panettone with Black Cherry and Almond Paste, Italy



Defatted Almond Flour:

Almond flour processed to remove some of the oil, resulting in a lower-fat, higher-protein powder compared to regular almond flour.

Technical considerations: reduced fat content makes it lighter and higher in protein. Absorbs more liquid compared to regular almond flour.

Applications: high protein baked goods, such as bars and muffins, alternative for low-fat recipes requiring structure, thickening in soups and sauces.

Get inspired to use defatted almond flour with recipes from almonds.com:

- [Sippin' Sunshine Yogurt Drink](#)



Almond Butter: A creamy or chunky spread made from ground almonds.

Technical considerations: smooth or crunchy textures available. When left to sit, oil separation occurs and is a typical characteristic of a natural food. To maintain a homogeneous state stirring or using an emulsifier or stabilizer is needed.

Applications: filling or spread for sandwiches and pastry style products, base for smoothies, dressings, dips, and sauces, ingredients in energy bites or protein bars.

Get inspired to use almond butter with examples from Innova Ingredient Genius:

- Big Spoon Roasters Apple Ginger Almond Butter Bar, US
- Marks and Spence Gut Ball, UK
- Puff Works Organic Almond Butter Puffs With Peanut Butter For Babies From 6 Months Onwards, USA



Almond Flour: Finely ground almonds, typically blanched to remove the skin.

Technical considerations: finely ground for smooth textures in baking. Higher fat content compared to all-purpose flour which provides rich, moist baked goods.

Applications: gluten-free pastries, cakes and macarons, blend into batters for pancakes or waffles, create nutrient-rich tortillas, flatbreads, and pizza crusts.

Get inspired to use almond flour with examples from Innova Ingredient Genius:

- Go Low Buttery Cookie Bites Low Sugar And Keto Baking Mix, UK
- Savoritz Cheddar Almond Flour Crackers, USA



Almond Oil: A light, fragrant oil extracted from almonds, available as refined or cold-pressed.

Technical considerations: high smoke point for cooking or frying. Adds subtle almond flavor without overwhelming a dish.

Applications: drizzle over salads or roasted vegetables, use in marinades or as a finishing oil, blend into baked goods for added moisture.

Get inspired to use almond oil with examples from Innova Ingredient Genius:

- Simply V 100 Percent Plant Based Mild Slices, UK
- Mindful Nutrition The Buddha Muesli, Peru

Contact Us

Almonds unique texture, flavor, function and nutrient attributes could be a game changer in your next innovation. For more information or questions on almond ingredients, reach out to trade@almondboard.com.

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