

ALMOND MILK



NUTRITION

- Almond milk is made from water, almonds, added vitamins and minerals, and small amounts of other ingredients depending on the brand.
- Almond milk has a smooth, creamy flavor and texture.
- Almond milk has many of the same, or more, good-for-you nutrients that cow's milk does, and is free of lactose so it is easy for most people to digest.
- Exact content can vary, but 1 cup of unsweetened almond milk usually contains:
 - 45% of the recommended daily value (DV) of calcium and 25% of the DV of vitamin D, which help build and maintain strong, healthy bones and teeth
 - Good source of vitamin A (important for eye health), vitamin B₁₂ (needed to convert food to energy), vitamin E (an antioxidant) and zinc (helps your immune system)
 - No cholesterol

USE

You can use almond milk in just about any way you would use regular (dairy) milk!
Try:

- Enjoying chilled almond milk as a refreshing drink
- Including it in recipes for baked goods, smoothies, and more (any recipe that calls for milk!)
- Pouring over cereal or using when cooking oatmeal
- Adding to your morning coffee in place of creamer

STORE

- Almond milk can come in a refrigerated or shelf-stable container. Either way, it should be stored in the refrigerator once opened.
- Once the container has been opened, it should be used within about a week.

Image credit: Amazing Almonds



GREATER
CHICAGO
FOOD
DEPOSITORY

chicagosfoodbank.org 773-247-FOOD

ALMOND MILK



NUTRITION

- Almond milk is made from water, almonds, added vitamins and minerals, and small amounts of other ingredients depending on the brand.
- Almond milk has a smooth, creamy flavor and texture.
- Almond milk has many of the same, or more, good-for-you nutrients that cow's milk does, and is free of lactose so it is easy for most people to digest.
- Exact content can vary, but 1 cup of unsweetened almond milk usually contains:
 - 45% of the recommended daily value (DV) of calcium and 25% of the DV of vitamin D, which help build and maintain strong, healthy bones and teeth
 - Good source of vitamin A (important for eye health), vitamin B₁₂ (needed to convert food to energy), vitamin E (an antioxidant) and zinc (helps your immune system)
 - No cholesterol

USE

You can use almond milk in just about any way you would use regular (dairy) milk!
Try:

- Enjoying chilled almond milk as a refreshing drink
- Including it in recipes for baked goods, smoothies, and more (any recipe that calls for milk!)
- Pouring over cereal or using when cooking oatmeal
- Adding to your morning coffee in place of creamer

STORE

- Almond milk can come in a refrigerated or shelf-stable container. Either way, it should be stored in the refrigerator once opened.
- Once the container has been opened, it should be used within about a week.



GREATER
CHICAGO
FOOD
DEPOSITORY

chicagosfoodbank.org 773-247-FOOD

No-Bake Cookies

Yield: about 30 cookies
 Prep: 5 minutes | Cook: 5 minutes

Ingredients:

- 1/2 cup (1 stick) butter
- 1 cup sugar
- 1/2 cup almond milk
- 1/4 cup cocoa powder
- 1/2 cup peanut butter
- 3 cups oats
- 2 teaspoons vanilla (optional)



Directions

1. Combine butter, sugar, almond milk, and cocoa powder in a pot and bring to a boil for about one minute, until all ingredients are well combined.
2. Remove from heat and stir in peanut butter, oats, and vanilla (if using).
3. Drop tablespoons of the mixture onto wax paper or foil to form cookies.
4. Let cool until the cookies have set.

Serving tip: Enjoy with a refreshing glass of almond milk on the side!

Nutrition Information	
<i>Serving Size: 1 cookie, made with unsalted butter</i>	
Calories	111
Total fat	6 g
Saturated Fat	2.6 g
Trans fat	0 g
Cholesterol	8 mg
Sodium	23 mg
Carbohydrates	13.5 g
Fiber	1.3 g
Sugars	7.2 g
Protein	2 g

No-Bake Cookies

Yield: about 30 cookies
 Prep: 5 minutes | Cook: 5 minutes

Ingredients:

- 1/2 cup (1 stick) butter
- 1 cup sugar
- 1/2 cup almond milk
- 1/4 cup cocoa powder
- 1/2 cup peanut butter
- 3 cups oats
- 2 teaspoons vanilla (optional)



Directions

1. Combine butter, sugar, almond milk, and cocoa powder in a pot and bring to a boil for about one minute, until all ingredients are well combined.
2. Remove from heat and stir in peanut butter, oats, and vanilla (if using).
3. Drop tablespoons of the mixture onto wax paper or foil to form cookies.
4. Let cool until the cookies have set.

Serving tip: Enjoy with a refreshing glass of almond milk on the side!

Nutrition Information	
<i>Serving Size: 1 cookie, made with unsalted butter</i>	
Calories	111
Total fat	6 g
Saturated Fat	2.6 g
Trans fat	0 g
Cholesterol	8 mg
Sodium	23 mg
Carbohydrates	13.5 g
Fiber	1.3 g
Sugars	7.2 g
Protein	2 g

Tomato Basil Soup

Yield: 4 servings
Prep: 5 minutes | Cook: 40 minutes

Ingredients

- 1 tablespoon olive oil (or other cooking oil)
- 1 yellow onion, diced
- 3 cloves minced garlic or 1/2 tsp. garlic powder
- 1 28-ounce can diced tomatoes (low sodium, if possible)
- 4 cups chicken or vegetable broth
- 3/4 cup almond milk
- 1 tablespoon dried basil



Directions

1. Heat oil in a pot over medium heat. Add onion and cook until soft and translucent. Add the garlic and cook until fragrant.
2. Stir in the tomatoes and broth. If desired, add black pepper for a bit of a kick.
3. Bring the soup to a boil, then lower to a simmer (low heat) for 20-25 minutes.
4. Carefully puree the soup using a food processor or blender, then return to pot.
5. Stir in the almond milk and basil and let simmer for at least 15 minutes, until thickened.

Serving tip: serve with toasted bread or a side salad, if desired.

Nutrition Information	
<i>Serving Size: 1/4 of soup recipe, made with olive oil and low-sodium tomatoes and vegetable broth</i>	
Calories	106
Total fat	4 g
Saturated Fat	0.5 g
Trans fat	0 g
Cholesterol	25 mg
Sodium	504 mg
Carbohydrates	15 g
Fiber	3 g
Sugars	8.5 g
Protein	2 g

Tomato Basil Soup

Yield: 4 servings
Prep: 5 minutes | Cook: 40 minutes

Ingredients

- 1 tablespoon olive oil (or other cooking oil)
- 1 yellow onion, diced
- 3 cloves minced garlic or 1/2 tsp. garlic powder
- 1 28-ounce can diced tomatoes (low sodium, if possible)
- 4 cups chicken or vegetable broth
- 3/4 cup almond milk
- 1 tablespoon dried basil



Directions

1. Heat oil in a pot over medium heat. Add onion and cook until soft and translucent. Add the garlic and cook until fragrant.
2. Stir in the tomatoes and broth. If desired, add black pepper for a bit of a kick.
3. Bring the soup to a boil, then lower to a simmer (low heat) for 20-25 minutes.
4. Carefully puree the soup using a food processor or blender, then return to pot.
5. Stir in the almond milk and basil and let simmer for at least 15 minutes, until thickened.

Serving tip: serve with toasted bread or a side salad, if desired.

Nutrition Information	
<i>Serving Size: 1/4 of soup recipe, made with olive oil and low-sodium tomatoes and vegetable broth</i>	
Calories	106
Total fat	4 g
Saturated Fat	0.5 g
Trans fat	0 g
Cholesterol	25 mg
Sodium	504 mg
Carbohydrates	15 g
Fiber	3 g
Sugars	8.5 g
Protein	2 g