



# HEART-HEALTHY SOLUTIONS

## For A Heart-Y Boost, Grab A Handful Of Almonds

(NAPSA)—According to the American Heart Association, one in three adults will suffer from cardiovascular disease in his or her lifetime. The good news is that simple lifestyle changes, such as increasing physical activity and reducing saturated fat intake, can help maintain a healthy heart. One example of a simple change is to grab a daily 1-ounce handful of almonds.

Nine clinical studies indicate that almonds support healthy cholesterol levels as part of a diet low in saturated fat. Moreover, in 2003 the U.S. Food and Drug Administration recognized almonds with a heart health claim, stating, “Scientific evidence suggests, but does not prove, that eating 1.5 ounces per day of most nuts, such as almonds, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease.”

In addition to being heart smart, almonds offer a variety of nutrients. A recommended serving of almonds (about a handful, or 23 almonds) is an excellent source of vitamin E and magnesium and a good source of fiber, riboflavin and phosphorous. Plus, almonds add protein (6g), flavor and a satisfying crunch to any meal or snack.

Following is a simply delicious recipe—Almond Dukkah. This Moroccan spice mix adheres nicely to pita bread dipped in olive oil. Or use it to coat baked chicken or fish.

### ALMOND DUKKAH

#### Ingredients:

- ¼ cup coriander seeds
- ¼ cup sesame seeds
- 1 tablespoon black peppercorns
- 1 teaspoon fennel seeds



**HEART-Y BOOST**—Scientific evidence suggests that 1.5 ounces a day of nuts, such as almonds, may reduce the risk of heart disease.

- ½ cup prepared dry-roasted almonds
- 2 tablespoons ground cumin
- 1 teaspoon fresh thyme
- 2 teaspoons kosher salt or sea salt
- Pita bread or hearty, crusty dipping bread
- Olive oil

#### Directions:

Heat a heavy skillet over medium-low heat. Stirring frequently, toast coriander seeds, sesame seeds, peppercorns and fennel seeds until slightly brown and fragrant, about 5 minutes. Cool and transfer to food processor. Add almonds, cumin, thyme and salt. Grind until crumbly; do not allow mixture to become a paste. Serve Dukkah in a bowl or plate, along with a bowl or plate of olive oil and bread. Dip bread first in olive oil and then in Almond Dukkah so it adheres to the olive oil; serve as an appetizer or as a hearty and nutritious snack.

For more recipes and nutrition information, visit [www.AlmondsAreIn.com](http://www.AlmondsAreIn.com).