

Botanical Name- prunus dulcis
Common Name -Almond, Badam



Uses

1. Snack: Eaten raw or roasted.
2. Milk: Used to make almond milk.
3. Butter: Processed into almond butter.
4. Flour: Ground for baking gluten-free goods.
5. Oil: Extracted for cooking or skincare.
6. Desserts: Used in cookies, cakes, and chocolates.
7. Beverages: Garnish for smoothies or lattes.
8. Garnish: Topped on salads or dishes.
9. Cereal: Added to breakfast cereals or oatmeal.
10. Spreads: Made into marzipan or nougat.
11. Sauces: Blended into curries or pesto.
12. Energy Bars: A key ingredient in bars.
3. Skincare: Almond oil for moisturizing
14. Haircare: Used in hair oils.
15. Medicinal: Helps in managing cholesterol and heart