

# Fragrant and Satisfying Snack That Helps Fight Both Afternoon Hunger and Inflammation

These Rosemary & Olive Oil Almonds are absolutely delicious, perfect for an everyday snack with a taste and fragrance worthy of serving at your next gathering. Guests will not be able to keep their hands out of the bowl!

What's even better is their incredibly impressive nutrition profile.

Rosemary is a fragrant weapon against inflammation. Its naturally occurring antioxidants, polyphenols, and terpenes can neutralize free radicals and dampen the inflammatory response.

Rosemary is also known for its circulation-boosting abilities. It contains flavonoids, which are important for strengthening [blood](#) capillaries.

As a result, veins and arteries are less likely to become narrowed or clogged and may lessen pain, swelling, and stiffness associated with conditions such as peripheral neuropathy.

As if that wasn't enough, an extract of [rosemary appears to have an insulin-like effect which can help better regulate how the body processes glucose](#). It's certainly not a replacement for medication in diabetics, but regularly adding rosemary to your meals may help reduce the amount of medication you need, or help prevent your disease from progressing to the point where you need pharmaceuticals in the first place.

Add rosemary abundantly to this delightfully nutritious snack.

## **Now combine all that goodness of rosemary with powerhouse almonds.**

Almonds are extremely high in magnesium, a mineral that a majority of people don't get enough of, and may even help prevent metabolic syndrome and type 2 diabetes, both of which are major problems that lead to nerve damage.

A deficiency in [magnesium is also strongly linked to high blood pressure](#), regardless of whether you are overweight.

These little guys are also considered one of the world's best sources of vitamin E, with just one ounce providing 37% of the recommended daily amount. Vitamin E is a family of fat-soluble antioxidants, which tend to build up in cell membranes in your body, protecting them from oxidative damage.

Afraid of the fat and calories? You don't need to be! Due to how satisfying they are, a little goes a long way. This is why some studies have found almonds to increase weight loss when they replace the typical complex carbohydrate snacks.

So enjoy without guilt!

## **Rosemary & Olive Oil Almonds**



## Ingredients

2 cups raw almonds, blanched\* (see note below)

2 tablespoons fresh rosemary, minced (or to taste, the more the better – nutritionally speaking)

1  $\frac{1}{2}$  to 2 teaspoons coarse salt (to taste)

3 tablespoons grass-fed butter, ghee or olive oil

## Directions

**Step 1** Heat a large pan over medium heat.

**Step 2** Add enough ghee or oil to generously coat the bottom of your pan (about 3-4 tablespoons), and allow it to heat to approximately medium. Do not let the fat smoke.

**Step 3** Add the almonds to the pan. Stir frequently so that the almonds don't burn. The almonds will be ready when they're golden brown, approximately 5-7 minutes.

**Step 4** Turn down the heat to low and add the rosemary and salt. Stir well, and cook just until the rosemary becomes fragrant (about 2 minutes).

**Step 5** Remove the almonds from the pan and place them on a paper towel to drain any remaining oil. Enjoy warm or once cooled.

\*Blanching is super easy if you don't have store-bought almonds with the skins removed. Simply place the almonds in boiling water for 1 minute (not any longer). Remove the almonds from the boiling water and run them under cold water to cool. Then pop the skins off with your fingers. They come off surprisingly easy.