Heritage Group shares tips of how to make almond flour an alternative flour with excellent health benefits





Almond flour is very popular among bakers. It is often used in baking as it is a good source of Vitamin E and Magnesium that help reduce cholesterols and blood pressure, lower the risk of heart diseases, and control the blood sugar level.
Some bakers use almond flour in place of dough since the flour is gluten-free and suitable for those with celiac disease, a disorder resulting from an abnormal immune reaction to gluten. Gluten is found in barley, wheat, and rye. Also, almond flour can be used either for baking or coating the meat.

Heritage Group, Thailand's leading premium natural food and beverage producer, proudly presents 3 steps of making almond flour.
1. Soak the almonds overnight or for 8-12 hours in clean water. This step is very important as it helps maintain nutritional values of almonds and improve body's nutrient absorption.
2. After that, turn the almonds white by scalding their skin. In order to do so, soak the almonds in boiling water for 1 minute first. Next, drain the almonds and soak them in cold water. After that, dry the almonds with a kitchen cloth and remove the skin from the almonds.
3. Add the dried almonds to the blender and blend them until they turn into almond flour.
As seen, to make great-quality almond flour, attention should be paid to every step. For this reason, raw blanched almond powder is an interesting alternative that helps save your time. Raw Blanched Powder Almonds Heritage Brand is now available at Shopee, Lazada, JD Central, and Line ID: @Heritagethailand. For more information, please call 02-813-0954-5 or follow the activities and news of Heritage Group at www.heritagethailand.com, www.facebook.com/Heritagegroupth, and IG: heritage_thailand