

Green Smoothie Girl - Shelled Raw Unpasteurized Almonds, non-gmo, gluten free, allergen free.

5lbs for \$30.00 (\$6/lb). Price does NOT include shipping/handling. S/H will depend on the size of our order. We will split the cost.

From Green Smoothie Girl Website:

The freshest almonds you can buy! These are the latest crop from sunny California, not certified organic but not sprayed, fumigated or pasteurized.

Conventionally Grown* Mission Variety, Non-GMO, No Cross-Contamination/Allergens**, Naturally Gluten Free, No Heat used in De-shelling Origin: California

Unpasteurized raw almonds are nearly impossible to come by, unless you import from Spain, in which case they are \$8-\$13/lb. Almonds are an incredibly versatile food. They're great as high-nutrition, high-fiber, relatively low fat, high-protein snacks.

I soak almonds overnight to germinate them and then dehydrate them till they're crunchy, eliminating more possibility of chemical residue. I recommend dehydrating them below 116 degrees to preserve all the enzymes. Then they are live food with 200% – 500% more fiber and nutrients (enzyme inhibitors in the nut are unlocked when you soak them 8 hours).

California passed a law in 2007 that ranchers must pasteurize their crop. This destroys live enzymes in this perfect food that are highly beneficial and that give your body a rest from having to produce its own enzymes to digest food. California produces over 85 percent of the world's almonds. Since you can no longer obtain raw almonds from retailers, we offer a group buy that allows individuals to obtain up to 100 pounds unpasteurized from a rancher.

Almonds are a staple for any whole-food home. Put 1 part almonds (soaked overnight and drained) in 4 parts filtered water, blend well, and you have almond milk with lots of live enzymes, for any purpose, including to top granola in Chapter 10 and to make Butter-Pecan Ice Cream in Chapter 11 of *12 Steps to Whole Foods*. If you don't want to shake the almond milk up each time before using it, and if you don't like the slightly thick consistency, you can strain the almond pulp out. Don't throw it away—sweeten it with agave and add any dried fruit, and make live “cookies” out of the mixture in your dehydrator.

Nuts are high in fat, but almonds have less fat than most. They are extremely high in fiber and protein. A handful of almonds with a quart green smoothie is one of my favorite power lunches for days when I'm in a hurry. And almonds slow the absorption of the sugars from the fruit in the smoothie into the bloodstream. Almonds are rich in Vitamin E, magnesium, and potassium, and will help lower cholesterol and protect against heart disease.

Because they are a truly raw food, you should keep your almonds in jars or freezer bags in the fridge where they will last for about two years, or in the freezer, where they will last indefinitely. Nuts can still germinate (sprout) after they are frozen, so freezing is a good way to preserve almonds and other nuts.

Q: How long do almonds keep, and how should I store them?

A: These almonds are coming right off the tree in October and will therefore be VERY fresh. Because almonds harvest only once a year, whenever and wherever you buy them throughout the year, they will be from this same fall crop. They may keep 9-12 months in the pantry, but if you would like to keep them as fresh as possible, refrigerate tightly sealed bags or jars for 18-24 months, or freeze indefinitely. They will still germinate (sprout and unlock enzyme potential after soaking) after freezing with very little loss of nutrition.

***These almonds are just short of being certified organic, and are as close to organically grown you can get from the farmer.**