

Do You Know?

**ALMONDS ARE SEEDS
NOT NUTS**



Why Almonds are not nuts

In botany, the term nuts a particular kind of dry fruit that has a single seed, a hard shell, and a protective husk for instance: Chestnuts, hazelnuts, peanuts and walnuts.

- ◉ **Almonds are not nuts. They're seeds of a fruit classified as Drupe. Drupes are fruits that are fleshy on the outside and contain a shell covering a seed on the inside.**
- ◉ **When the almond fruit is ripe, its flesh and shell are removed, then we eat the small kernel inside. similar to a peach.**

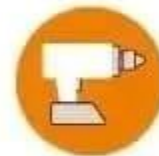


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