### **Beneficial Bites**

# Dark Chocolate

### Health Benefits:

- @ Can improve blood pressure, reduce LDL "bad" cholesterol
- @ May improve blood sugar and insulin sensitivity
- Q May reduce inflammation that leads to cardiovascular disease

### **Interesting Facts:**

- Chocolate comes from cacao beans
- Que Cacao trees are grown in rain forests and harvested twice a year
- @ Health benefits come from chemicals called flavonoids
- Wisdom and power came from eating cacao tree fruit according to Aztec legend
- **@** Types of chocolate:
  - Unsweetened (no added sugar  $\sim 100\%$  cocoa solids)
  - ♦ Dark (sweetened with >15% cocoa solids and little milk)
  - Semisweet or Bittersweet (35-75%) cocoa solids, slightly sweetened)
  - Milk (20% cocoa solids, added milk)
  - White not really chocolate (made) from sweetened cocoa butter and milk)

### Limit portion size of dark chocolate because it still contains calories, fat & sugar

Written and Created by Laurelyn Harper UW-Stout Dietetic Intern, 11/2009

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these "dark chocolate" foods Featured Recipes:

Check out the February menu for

- Q Dark chocolate brownies
- Q Dark chocolate chip cake
- Q Dark chocolate sauce
- Q Dark chocolate snickerdoodles
- Q Oatmeal chocolate chunk cookies
- Q Orange & dark chocolate muffins

Oatmeal Chocolate Chip Cake

1 ¾ c boiling water
1 ¾ c flour
1 c quick cooking oats
1 tsp baking soda
1 tsp salt
½ c butter
1 tablespoon cocoa
1 ½ c white sugar
1 c brown sugar
2 eggs
½ c chopped walnuts

Preheat oven to 350. Butter a 9" x 13" baking pan. In a large bowl, combine boiling water and oats. Let stand for 5 minutes. Add butter, 1 cup sugar, brown sugar, and eggs. Beat well. Add flour, baking soda, salt, cocoa and 1 cup semisweet chips. Stir to mix well. Pour into pan. Sprinkle with 1 cup semisweet chips and nuts. Sprinkle with ¼ cup sugar. Bake 35-40 minutes or until toothpick comes out clean when inserted into the middle of the cake. Check out the February menu for these "dark chocolate" foods

### Featured Recipes:

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### Oatmeal Chocolate Chip Cake Ingredients:

- 1 <sup>3</sup>/<sub>4</sub> c boiling water
  1 <sup>3</sup>/<sub>4</sub> c flour
  1 c quick cooking oats
  1 tsp baking 1 tsp salt
  1 c butter
  1 tablespoor
  1 <sup>1</sup>/<sub>2</sub> c white sugar
  2 c semisw
- 1 c brown sugar 2 eggs
- ¼ c flour
   1 tsp baking soda
   1 tsp salt
   1 tablespoon cocoa
   2 c semisweet chocolate chips
   ½ c chopped walnuts

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  - 1 tsp salt
  - 1 tablespoon cocoa
  - 2 c semisweet
  - chocolate chips
  - <sup>1</sup>/<sub>2</sub> c chopped walnuts

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