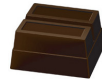


Beneficial Bites



Dark Chocolate



Health Benefits:

- Ⓜ Can improve blood pressure, reduce LDL “bad” cholesterol
- Ⓜ May improve blood sugar and insulin sensitivity
- Ⓜ May reduce inflammation that leads to cardiovascular disease

Interesting Facts:

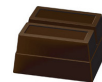
- Ⓜ Chocolate comes from cacao beans
- Ⓜ Cacao trees are grown in rain forests and harvested twice a year
- Ⓜ Health benefits come from chemicals called flavonoids
- Ⓜ Wisdom and power came from eating cacao tree fruit according to Aztec legend
- Ⓜ Types of chocolate:
 - ◆ Unsweetened (no added sugar ~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

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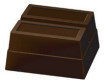
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Check out the February menu for these “dark chocolate” foods

Featured Recipes:

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



Oatmeal Chocolate Chip Cake



Ingredients:

- | | |
|------------------------|-------------------------------|
| 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 | 2 c semisweet chocolate chips |
| 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.

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