

# Health Benefits of



# Cocoa



## Cocoa VS Chocolate

Cocoa is the non-fat component of ground cocoa beans. It is used to make chocolate or is made into cocoa powder for cooking. Chocolate refers to the combination of cocoa, cocoa butter, sugar, milk, and other added ingredients.

## How is cocoa good for me?

- Cocoa has been found to improve antioxidant status in the body. Antioxidants protect cells from damage and reduce inflammation.
- Cocoa can improve blood flow and decrease blood pressure, thus reducing the risk of heart disease.
- Cocoa is a great source of essential vitamins and minerals like iron, magnesium, and iron.

## How much and what kind should I eat?

- 100% cocoa powder and high cocoa content dark chocolate tends to be richest in antioxidants.
- Choose dark chocolate products that are low in sugar and fat like 2 tablespoons of 100% unsweetened cocoa powder or 1-2 ounces of 70% dark chocolate bar.

2 tablespoons  
of 100% cocoa powder

30	2 g	4 g
calories	protein	fiber

## Recipe

# Cocoa Overnight Oats



### Ingredients

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- 1/2 cup of old fashioned oats
- 2 tablespoons of cocoa powder
- 1 teaspoon of honey
- 1/2 cup of milk  
(Whole, 2%, almond, coconut, soy, etc.)

### Optional Add Ins

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- Berries
- Chocolate chips
- Chia seeds
- Nuts or nut butter
- Greek yogurt

### Method

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1. In a mason jar or small Tupperware container, add all ingredients and stir to combine.
2. Secure lid and place in the refrigerator overnight.
3. Serve with your favorite add ins like berries, chocolate chips, nuts, or nut butter to add extra fiber, fat, or protein.

Note: Use 100% unsweetened cocoa powder to avoid added sugar.

*This recipe makes 1 serving!*

**Nutrition (using whole milk):**

*Calories: 275, Fat: 5g, Protein: 11g, Carbs: 45g, Fiber: 8g*

# Homemade Hot Cocoa



## Ingredients

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- 2 1/2 cups of milk  
(Whole, 2%, almond, coconut,  
soy, etc.)
- 2 tablespoons of cocoa  
powder
- 1 teaspoon of honey
- 1 teaspoon of vanilla extract

## Optional Add Ins

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- Cinnamon
- Mini Marshmallows

## Method

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1. Heat your milk of choice on the stovetop over medium heat until hot. (Do not boil)
2. Add the cocoa powder, honey, and vanilla to the milk. Whisk to combine.
3. Heat for another 2 minutes and serve immediately.

*This recipe makes 2 servings!*

**Nutrition (using whole milk):**

*Calories: 235, Fat: 10g, Protein: 12g, Carbs: 27g, Fiber: 4g*