Dark Chocolate

Quick Facts

- Dark chocolate contains a high amount of antioxidants which help combat oxidative stress.
- A few squares of dark chocolate a day may reduce the risk of death from a heart attack by slowing down the clotting of blood platelets.
- Eating dark chocolate may even lessen the risk of cardiovascular disease by lowering blood pressure, improving arterial blood flow, decreasing LDL oxidation and reducing inflammation.
- Dark chocolate may also lower insulin resistance (a risk factor for diabetes) and decrease fatigue associated with chronic fatigue syndrome.

Shopping & Preparing

You can find dark chocolate at almost any grocery store in the chocolate/candy aisle. Even though it can provide many health benefits, make sure to check the ingredients! It is best to buy dark chocolate that a cocoa content of 70% or higher and that does not include fat ingredients other than cocoa butter. Avoid ingredients such as milk fat or partially hydrogenated oils. Remember, moderation is key because dark chocolate can be high in fat grams and calories per serving!

Super Recipe – Chocolate Pudding

Serving Size

Makes 6 dishes of pudding

Ingredients

- 2 avocados
- 1 banana
- ½ cup unsweetened cocoa powder
- ½ cup dates (pitted, soaked in water for a few hours & drained)
- 1 teaspoon pure vanilla extract

Preparation

1. Combine all ingredients in a food processor until smooth, scraping down sides of the bowl as needed.
2. Transfer to a bowl or individual serving bowls and chill for several hours before serving.
### Nutritional Information Per Serving (if 6 per recipe)

- 190 calories (calories from fat: 90)
- 11g fat (1.5g saturated fat)
- 0mg cholesterol
- 0mg sodium
- 24g carbohydrate
- 7g fiber
- 11g sugar
- 3g protein

### Resources

- [http://www.wholefoodsmarket.com/recipe/chocolate-pudding](http://www.wholefoodsmarket.com/recipe/chocolate-pudding)