



Healthy CHOCOLATE TIPS & RECIPES



ENJOY CHOCOLATE IN A HEALTHY WAY



CAN I HAVE IT?

Yes! There is no reason that people with diabetes have to avoid chocolate. As with anything, plan for it and it's totally possible to fit it in to a healthy meal plan. The key is to learn about the many kinds of chocolate products and notice the differences in calories and carbs.

WHAT ARE THE BENEFITS?

The benefits of chocolate are linked to the original source of chocolate - the cacao bean, from a cacao plant. Cacao beans are a powerful source of flavonoids, which are an antioxidant. Research is linking cacao to improved heart health, lower blood pressure, decreased risk of blood clots, improved cognitive (brain) function and increased insulin sensitivity. What's not to like?

WHICH KINDS ARE THE BEST?

Chocolate with the most health benefits is also the least processed. In the process of turning the cacao bean into cocoa and chocolate, high calorie and carbohydrate ingredients are added such as sugar and butter. The darker the chocolate the better in terms of the antioxidant content. But calories and carbs will vary. And watch the serving size! Check the Nutrition Facts panel to know what you're getting.

ON A SCALE OF LEAST TO MOST PROCESSED



OTHER COMMON QUESTIONS

WHAT ARE COCOA NIBS? These crunchy bits have a slightly nutty, chocolaty, bitter flavor. They are made from a dried cacao bean and are packed with antioxidants. Sprinkle on yogurt, on oatmeal, toss into a protein smoothie or use like nuts or chips in baking.

SHOULD I BUY SUGAR-FREE CHOCOLATE? Not necessarily. While it is lower in carbs, the calories are similar due to the fat content. The carbs in sugar-free chocolate are sugar-alcohols which may lead to some stomach problems (gas, bloating, diarrhea) if you eat too much.

WHAT'S A GOOD QUICK CHOCOLATE SNACK? Mix a small amount of dark chocolate with a fruit (chocolate dipped strawberries), a nut (chocolate covered almonds) or milk (hot chocolate). Remember, most baked chocolate products (cakes, cookies, brownies) will be high in added carbs (sugar) and fat (butter and oils) so, check the ingredients!

| TYPE OF CHOCOLATE | SERV | CAL | FAT | CARB |
|--------------------------------|------------|-----|-----|------|
| Dry Cocoa Powder | 1 Tbsp | 10 | 0 | 3 |
| Cocoa Nibs | 1 Tbsp | 70 | 5 | 4 |
| Dark Chocolate Mini | 5 (1.4 oz) | 200 | 13 | 24 |
| Sugar Free Chocolate Mini | 5 (1.4 oz) | 160 | 13 | 4 |
| Dark Chocolate Chips | 1 Tbsp | 70 | 4 | 10 |
| Kisses | 5 | 110 | 7 | 14 |
| Dark Chocolate Covered Almonds | 2 Tbsp | 115 | 8 | 10 |



RECIPES

HOT CHOCOLATE

1 SERVING

120 cal, 16g carbs, 9g protein, 3g fat

1 tbsp Unsweetened cocoa powder

1 cup 1% Milk

1 tbsp + 1 tsp Splenda *(or to taste)*

2 tbsp Hot water

Place the cocoa powder and Splenda into a microwaveable mug. Add the hot water and stir until smooth. Pour in the milk and stir again. Microwave on high for 1 ½ minutes or until hot.

(Do not boil)



RECIPES

CHOCOLATE BANANA ICE CREAM

MAKES 3 – ½ CUP SERVINGS

125 cal, 17g carbs / serving

3 medium Ripe frozen bananas (7 inch)

3 tbsp Cocoa powder

Remove the peels and cut the frozen bananas into chunks and place in a food processor. Blend till smooth and resembles a soft-serve ice cream. Scrape down the sides and add cocoa powder, blending again till very smooth. Place in an air tight container and freeze until it's a little more solid, about an hour.



RECIPES

CHOCOLATE WALNUT BROWNIES

MAKES 24 SERVINGS

130 cal, 15g carbs, 3g protein, 7g fat / serving

$\frac{2}{3}$ cup Light margarine
(w/ 8g of fat/Tbsp)

$\frac{1}{3}$ cup Fat-free half-and-half

7 oz Unsweetened baking
chocolate *(chopped into small chunks)*

1 $\frac{1}{2}$ cups Granulated sugar

$\frac{1}{2}$ cup Sugar-substitute *(Stevia)*

4 large Eggs *(or 1 cup egg substitute)*

$\frac{1}{2}$ cup Whole-wheat flour

$\frac{1}{2}$ cup All-purpose white flour

1 $\frac{1}{2}$ tsp Vanilla extract

1 cup Chopped walnuts

Preheat oven to 350°F. Lightly coat a 9 x 13-inch pan with canola spray or line the bottom with parchment paper. Add the margarine and fat-free half-and-half to a medium nonstick saucepan. Heat over medium-low heat, stirring constantly to melt the margarine. Once melted, remove the pan from the heat. Add the chopped baking chocolate to the melted mixture, stirring constantly with a wooden spoon until chocolate is completely melted. Add the sugar and sugar substitute and stir to blend well. Add the eggs (or egg substitute), one at a time, stirring vigorously after each. Add the flours and stir to combine. Stir in the vanilla extract and walnuts. Pour batter into prepared baking pan(s) and bake for 23-25 minutes. The brownies will still look somewhat soft and shiny. Remove from the oven and place on a cooling rack. Cut into 24 squares.

Recipe adapted from Chocolate Truffle Brownies: <https://www.webmd.com/food-recipes/chocolate-truffle-bars-recipe>