

Dark & Delicious Hot Chocolate

The weather is getting colder and what better way to enjoy the season than to get cozy with a blanket and a mug of rich, smooth hot chocolate. Instead of the traditional hot chocolate made with milk chocolate, why not switch things up and swap it out for a delicious DARK hot chocolate? Dark chocolate is a healthy alternative to milk chocolate – a great way to kill that chocolate craving and stay healthy at the same time!

The Health Benefits of Dark Chocolate

Brain Booster

Increases blood flow to the brain so it can help cognitive function and reduce the risk of stroke! It also contains phenylethylamine (PEA) which encourages your brain to release endorphins and makes you feel happier!

Anti-Oxidants for Anti-Aging

Free radicals are implicated in the aging process and may be a cause of cancer. Eating anti-oxidant foods, like dark chocolate, can protect you from many types of cancer and slow the signs of aging.

Dental Dynamite

Contains theobromine which has been shown to harden tooth enamel and can lower your risk of getting cavities.

Healthier Heart

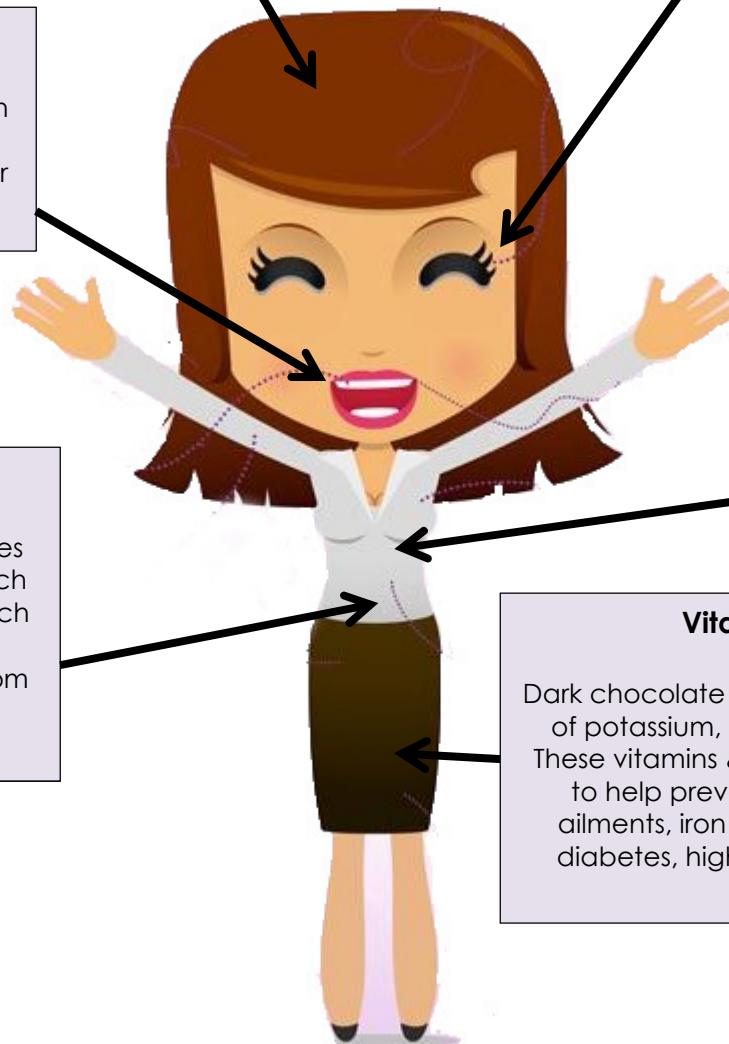
Studies show that eating a small amount of dark chocolate 2-3x/week can help improve blood flow. This may help the formation of blood clots. Eating dark chocolate may also prevent arteriosclerosis (hardening of the arteries).

Target Tummy Fat

A study published in Diabetes Care revealed that a diet rich in monounsaturated fats (such as those found in dark chocolate) prevented fat from accumulating around the abdomen.

Vitamins for Vitality

Dark chocolate contains high concentrations of potassium, copper, magnesium & iron. These vitamins & minerals have been shown to help prevent stroke, cardiovascular ailments, iron deficiency anemia, type 2 diabetes, high blood pressure and heart disease.



Source: www.fitday.com, www.besthealthmag.com

Dark Chocolate Hot Cocoa



Prep Time: 2 minutes

Total Time: 7 minutes

Ingredients:

- 3 cups milk, fat-free
- 2 tablespoons sugar, granulated
- 1 tsp vanilla extract
- 1 pinch salt, Kosher
- 3 tbsp dark chocolate chips

Preparation:

Heat the milk in a small saucepan over medium-high heat until the milk is hot and starting to steam, about 5 minutes. Remove the saucepan from the heat.

Whisk in the sugar, vanilla, salt and chocolate chips, and continue to whisk until the chocolate is completely melted.

Pour the hot cocoa into three mugs. Top each mug with a squirt of low-fat whipped cream and dark chocolate shavings, if desired. Makes three servings.



Nutrition Facts (per serving)

Calories: 189

Total Fat: 5g

Saturated Fat: 2.5g

Cholesterol: 5mg

Sodium: 150mg

Total Carbohydrates: 30g

Dietary Fiber: 0.5g

Protein: 9g

Source: www.joybauer.com