CHOCOLATE

Humans have a great love of chocolate. We found that most of the commercial chocolate used in treats are not worth human consumption, not to mention the sugar involved which damages our pancreas/liver. Much of the commercial chocolates contain wax which can cause indigestion in the stomach.

Cacao powder is made from cold-pressed, unroasted cocoa beans and is made by removing the fat but leaving the live enzymes intact; it is higher in calories and fiber than cocoa powder because the nutrients and fats are still present. Cacao powder has only 25 calories/3g carbohydrate per tablespoon. You would use about 1 tbsp per cup to make hot chocolate.

You can buy powdered pure organic cacao in health food stores and on line with websites like iherb.ca or naturalnutrition.ca (may be different in your area)

Cacao butter is the outer lining of a bean, it is white and has a rich, fatty texture.

Cacao chocolate is made from raw cacao beans; when it is roasted and turned into powder it becomes cocoa and chocolate.

Cocoa powder is the dry solid remains of roasted cacao beans once the butter is removed and because it is roasted at high temperatures, the molecular structure of the bean changes, reducing its enzyme content and slightly lowering its nutritional value.

Cocoa mix powders you find on a grocery store are usually cocoa powder with added sugar and fat.
We have learned that if we get the 75% or higher cacao dark chocolate, it was actually good for us, high in antioxidants, really good for us. So we rushed out to buy this product only to find it was bitter, not near as yummy as the crap we have all be eating since we were children.

More About Cacao

So Cacao is the better choice when looking for a superior food for healthy eating. It is said that the best time to eat it is after our supper, perhaps as our dessert. If you don't like the taste of the cacao dark chocolate pieces/bars, consider making cacao into a hot chocolate drink with milk or oatmilk, almond milk etc. and sweeten the drink with any of honey, pure maple syrup, monk fruit powder or stevia. If you like you can add a touch of cinnamon and/or a few drops of vanilla extract. If you don't want to have a hot chocolate drink, as a dessert after evening meal, you could have a healthy chocolate pudding, chocolate pie or other chocolate treats made with Cacao.

Cacao has been shown to double the number of stem cells flowing in your blood stream just by having 2 cups a day of hot chocolate made with 80% high flavonoid dark chocolate.

It should be noted that Cocoa and dark chocolate may help cognitive decline, brain processing, memory, and cardiovascular. It is high in magnesium, a good relaxant.

After the age of 65 your body experiences anabolic resistance (the reduced ability of your muscles to respond to signals that should trigger repair and strengthening). Magnesium is one of the key minerals that combats anabolic resistance by modulating insulin sensitivity at the muscle cell level and the theobromine in dark chocolate improves this effect. Have 1 – 1 /1/2 oz of high quality dark chocolate with a cacao content of 70% or higher, consumed in the evening 2-3 hours before bedtime (theobroine is mildly stimulating so don't take just before bedtime). A good combination is to have a small glass of warm full fat milk with your dark chocolate which is high in calcium, a good combination.

We went to the health food store and tired to find a healthy chocolate that has limited or no sugar. Alter Eco was one we found that had 100% dark cacao chocolate so it is going to be really bitter. You may have to add something like dried or fresh fruit, or honey to make it palatable. There are other Alter Eco bars that are 70% or more, using organic sugar. Lily's chocolate is often sugar free, might be a good choice. ZoRaw we found in a few stores and it tastes good, no sugar, and they have an extra dark chocolate. Taza Chocolate Mexicano we heard of, but don't see it in our stores.

We asked the manufacturers why they don't use honey in their chocolate bars and apparently it just doesn't work for this product; chemically it probably doesn't hold the shape of the bar like sugar, or perhaps it doesn't look as good. Whatever the problem with manufacturing honey in chocolate, you don't see any on the market, but you can make your own with no trouble. The answer is to make our own chocolate treats, sweetened with fruit or honey or stevia, monk fruit etc.