

A CHOCOLATE CHALLENGE



Now it's time to put what you've learned about chocolate to the test and create a balanced four-course meal that features some form of cocoa or chocolate in each course. Be sure to include one recipe that uses cocoa and one dish that uses unsweetened chocolate, also known as baking chocolate. There are lots of recipes at www.thestoryofchocolate.com to get you started. Or use your culinary imagination to create an original recipe or two!

Recipe Name/Ingredients	Directions
Appetizer	
Salad	
Main Dish	
Dessert	

To Your Health!

Cocoa is rich in flavanols, which are potent compounds found in a wide range of plant-based foods including tea, apples, and grapes. Emerging science suggests the idea that chocolate that contains flavanols may support a healthy heart because eating flavanol-containing chocolate and cocoa products can improve the cardiovascular system's function, make platelets less prone to form clots, and lower blood pressure.



Here are some healthful tips to consider when you enjoy a chocolate treat:

Calories Count

Because chocolate is a calorie-dense food, a little goes a long way. Balance the calories in chocolate by cutting calories in other treats. By eating it slowly, you not only appreciate its flavor more fully, but you don't go overboard on calories.

Pair It

Eat chocolate with other foods, such as fruit or pretzels, to complement the flavor while enjoying smaller amounts.

Explore It

Enjoy the variety of flavor experiences from chocolate, available in a range from light to very dark, and try new and exciting flavors and fillings. To appreciate the complex flavors in chocolate, eat it slowly, and take the time to savor every bite.

Everything in Moderation

To stick to modest portions, plan ahead and buy chocolates that can be portioned or are individually wrapped. Dietary advice suggests that most of us can consume one or two small chocolate pieces daily or one or two chocolate bars per week. You might consider eating it with fruit to enjoy complementary flavors as well as moderate your chocolate consumption. In addition, buy chocolate that is individually wrapped or that can be divided, so you can stick to modest portions.

To find amazingly delicious recipes using cocoa or chocolate, visit *The Story of Chocolate* at www.thestoryofchocolate.com.

