



For the love of dark chocolate

Dark chocolate can be the ultimate secret weapon when you're craving a treat. It's made from just cocoa solids, cocoa butter and sugar. The higher the percentage of cocoa, the more pure, rich chocolate flavor it has.

Cocoa is rich in flavanols. Flavanols act like antioxidants, which can help to protect against heart disease and lower your risk for type 2 diabetes.¹ Cocoa-rich dark chocolate contains two to three times more flavanols than milk chocolate.

When choosing dark chocolate, look for at least 70% cocoa to get flavanols, minerals (iron, magnesium) and less sugar. Remember that dark chocolate is fairly high in calories (150-170 calories per ounce). When you indulge, be mindful of portion size. Have a square after a meal or before bedtime as a treat.

Springily add dark chocolate to oatmeal, frozen treats or smoothies. Or, try our healthy and delicious recipes.

Dark chocolate breakfast smoothie

Makes 1 serving | Prep: 5 minutes

Start your day with this creamy, dreamy, balanced meal-in-a-glass.

Ingredients

- 1 ripe banana
- 1 cup plain nonfat Greek yogurt
- ½ cup oats, old-fashioned or quick-cooking
- 3 Tbsp dark cocoa powder
- ½ cup almond milk, vanilla, unsweetened
- Ice to thicken

Preparation

Place all ingredients except ice in a high-speed blender. Puree until smooth. Add a handful of ice and blend. Add more until you've reached desired consistency.



Nutrition information | Per serving



Calories: 415 | Total fat: 6 g | Saturated fat: 1 g | Sodium: 366 mg | Cholesterol: 0 mg
Total carbs: 50 g | Fiber: 13 g | Sugars: 22 g | Protein: 33 g | Potassium: 592 mg



Dark chocolate dessert bar

Makes 2 servings | Prep: 3 minutes | Cook: 2 minutes

Choose your toppings to satisfy your taste buds. Store half the bar or share it.

Ingredients

- 1 oz high-quality dark chocolate
- 1 Tbsp dried cranberries or dried strawberries
- 1 Tbsp crushed peanuts or chopped almonds

Preparation

Place a sheet of parchment paper over a dinner plate and set aside. Melt dark chocolate in the microwave for about 1 minute. Stir and microwave for another 20-30 seconds if necessary. Using the back of a spoon, spread the melted chocolate on the parchment-lined plate. Add topping combination, sprinkling on top of chocolate. Lightly press into a formed bar. Place in the refrigerator for 5 minutes or until hardened. Break in half for 2 servings.

Nutrition information) | Per serving: ½ bar



Calories: 68 | Total fat: 5 g | Saturated fat: 2 g | Sodium: 0 mg | Cholesterol: 0 mg
Total carbs: 7 g | Fiber: 2 g | Sugars: 3 g | Protein: 2 g | Potassium: 117 mg



Dark chocolate banana muffins

Makes 12 servings | Prep: 10 minutes | Cook: 25 minutes

These muffins are packed with whole grains and bananas. They are a tasty breakfast or snack option.

Ingredients

- 3 medium-sized ripe bananas, mashed
- ¼ cup honey
- 1 tsp vanilla extract
- 1 large egg
- 2 Tbsp olive oil
- ½ cup nonfat plain Greek yogurt
- 1 cup whole wheat pastry flour
- ½ cup unsweetened cocoa powder
- 1 tsp baking soda
- ⅛ tsp salt
- ½ cup dark chocolate chips, divided
- Nonstick cooking spray

Preparation

Preheat the oven to 350°F. Spray a regular-sized muffin pan with nonstick cooking spray. Mix bananas, honey, vanilla, egg, oil and Greek yogurt until well combined. Add flour, cocoa powder, baking soda and salt. Mix until combined. Stir in ⅓ cup chocolate chips. Pour batter into prepared muffin cups. Sprinkle remaining chocolate chips on top. Bake for 25 minutes until a toothpick comes out clean from the center of a muffin.

Nutrition information | Per serving: 1 muffin



Calories: 177 | Total fat: 7 g | Saturated fat: 2 g | Sodium: 135 mg | Cholesterol: 16 mg
Total carbs: 29 g | Fiber: 4 g | Sugars: 15 g | Protein: 4 g | Potassium: 117 mg

Share one of these tasty treats with someone you love.

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To sign up or learn more, go to Go.Livongo.com/STATEOFIOWA/New.

¹<https://health.ucdavis.edu/blog/good-food/dark-chocolate-health-benefits-the-good-and-the-bad-to-this-sweet-treat/2023/02>

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