

All about Cacao



Cacao beans are inherently sugar-free and contain 12-15%. No evidence exists suggesting that their consumption will lead to obesity.

Varieties

- ❖ Criollo: The finest variety of cacao beans, cultivated in South America, comprising 5-10% of the world's cacao production and having a creamy, strong taste.
- ❖ Forastero: The most common variety found in 80 to 90% of the world's commercial cacao, not considered to be high-grade.
- ❖ Trinitario: Cultivated almost exclusively in the Antilles, a hybrid of the two other varieties, comprising 10-15% of the world's production. It has a fruity aroma and is strong and spicy.

Recipe Ideas

- ❖ Mix cacao nibs with fresh fruit and yogurt.
- ❖ Add cacao nibs to ice cream as fine chocolate chips.
- ❖ Eat cacao nibs straight, one bite at a time.
- ❖ Add cacao to smoothies, especially coconut-based ones.
- ❖ Add a natural sweetener, such as honey, to cacao nibs and freeze them.
- ❖ Make a raw chocolate bar by mixing cacao nibs with Yacon sweetener, the Peruvian superfood maca, coconut oil, and a variety of nuts. Pour into a mold and freeze.
- ❖ Brew with coffee or blend with maca and herbal teas for a rich, delicious beverage.

Benefits

- ❖ Contains polyphenols, antioxidants, and flavonoids, which improve cardiovascular health and increase nitric oxide in the blood, leading to better blood circulation and lower blood pressure.
- ❖ Great source of magnesium, which helps strengthen bones and is associated with higher levels of happiness. Over 80% of Americans are chronically deficient in this supplement.
- ❖ Contains MAO Inhibitors, which can reduce the appetite.
- ❖ Contains phenylethylamine (PEA), an adrenal-related chemical which is associated with feelings of love.

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