Complementary blog post: Benefits of Dark Chocolate

Subject: Dark Chocolate Almonds: Are They Healthy?

{firstname}

Are you trying to decide whether dark chocolate almonds are healthy or not?

Separately, almonds and dark chocolate are renowned for their health benefits. So logically, put them together and you’ll have a super healthy snack. But is this really the case or should you be wary of investing in this delicious treat?

The potential benefits of dark chocolate almonds

The good news is, yes, dark chocolate almonds can be considered healthy. When you combine the two ingredients together, not only do you get a delicious treat, but you also get both the benefits of dark chocolate and almonds.

This means you’ll get plenty of Vitamin E, you’ll find it easier to manage your weight and you’ll experience some pretty fantastic health benefits too.

You’ll also feel better after snacking on these delicious nuts. Dark chocolate is known to really boost mental health, releasing great feel-good hormones.

So, for the most part, dark chocolate almonds can be healthy, but there are some things you need to know before you stock up.

Things to consider

Not all dark chocolates offer the same great health benefits. So, before you invest in dark chocolate almonds, you’ll need to pay attention to the type of chocolate used.

Look out for chocolate that’s high in antioxidants. It’s pretty easy to identify healthier dark chocolate thanks to the cocoa percentage. You’ll find dark chocolate ranges in strength from 50% to over 90%. The higher the cocoa content, the better for you the chocolate is. Of course, it’s also a lot more bitter the stronger it is, which isn’t to everyone’s taste.

Once you’ve found dark chocolate almonds with a high percentage, you then need to consider your serving size. Both the almonds and the chocolate are high in calories and healthy fats. So, unless you want to start gaining weight pretty quickly, you’ll need to limit your portion sizes to a handful or less per day.

You can learn more about the benefits of dark chocolate in our great blog here…

LINK

All in all, dark chocolate almonds can be a nutritious and delicious treat when eaten in moderation. The key is to ensure you’re choosing the right type. If it’s too low in cocoa and it has an overly creamy texture, it’s a sure sign it isn’t going to provide as many health benefits.

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