Complementary blog post: 5 Dark Chocolate Recipes

Subject: Best Dark Chocolate Recipes for Weight Loss

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Want to learn some mouthwatering dark chocolate recipes?

Dark chocolate has tons of health benefits, but the most surprising is its ability to help you potentially lose weight. While it’s delicious eaten as a simple snack, there’s also a huge range of recipes you can use to incorporate this super food into your diet.

Here, you’ll discover the best dark chocolate recipes for weight loss.

Raw dark chocolate mousse

One of the best things about this superb recipe is the fact it’s completely allergen free. It can even be reassuringly eaten on the Paleo diet.

This smooth, mouthwatering mousse is perfect for those summer months, offering a cool yet creamy texture. Its main ingredients include raw cashews, coconut milk, cacao powder and stevia for sweetness. It’s garnished with fresh fruit for extra healthy goodness.

You can get the full recipe here.

<http://www.tessadomesticdiva.com/2012/07/raw-dark-chocolate-mousse-paleo-friendly.html>

Healthy dark chocolate fudge

Surely creamy, melt in the mouth fudge can’t possibly be healthy? Well, in this variation it can!

This delectable treat contains just 99 calories, it’s free from refined sugar, dairy free and low in carbohydrates. Put simply – it’s one of the healthiest treats you can indulge in.

What’s best about this recipe however is its simplicity. You’ll need just four ingredients including dark chocolate, light coconut milk, protein powder and vanilla flavored stevia extract. You can find the full recipe here…

<https://dessertswithbenefits.com/vegan-dark-chocolate-fudge/>

Dark chocolate chip cookies

We couldn’t provide a top dark chocolate recipe list without mentioning cookies. These sensually dark cookies are a timeless dessert that you’ll want to eat again and again.

They do require quite a few ingredients, but the effort is definitely worthwhile. You’ll need dark chocolate, cocoa powder, flour, soft light brown sugar and dark chocolate chips to name just some of the main ingredients.

The fact they contain three different types of dark chocolate is what makes them so awesome. You’ll struggle to find a nicer recipe for dark chocolate cookies than this one! Find the full recipe below…

<http://www.thefitindian.com/12-best-dark-chocolate-recipes/>

Have these recipes whet your appetite? Why not check out a few other dark chocolate recipes on our great blog…

LINK

Cooking with dark chocolate isn’t just fun, when done correctly it can be used as a great tool for weight loss. However, like all treats, the above should only be eaten occasionally and in moderation. If you sit down and eat an entire batch of dark chocolate cookies for example, you’re not going to get any weight loss benefits!

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