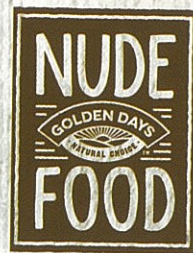


NEW



• SUPER NUTS •



Crafted with a handful of all natural superfood ingredients, these gluten free nuts are deliciously nourishing. Packed full of wholesome goodness, such as antioxidants and iron, they're the perfect guilt-free and convenient snack.

all natural - clean eating

Available in the Health Food aisle at Woolworths

What's the deal with...

70% DARK CHOCOLATE

HFG investigates rich, dark chocolate – all in the name of scientific research, of course...

What are the benefits?

A large study from Denmark confirms dark chocolate really is good for you. Eating just 30 grams (2-3 squares) a week cuts your chances of irregular heartbeat by 21 per cent, thanks to the cocoa.

Cocoa has a group of antioxidants called flavonoids, which give the dark stuff its deep, slightly bitter flavour, and have been linked to improving heart health. Dark chocolate's extra cocoa means more antioxidants and less sugar.

How to choose

Consider quality and quantity. Research suggests milk may interfere with your body's absorption of the flavonoids, which explains why milk chocolate is not as good for you as the dark variety.

So look for chocolate with a minimum of 70 per cent cocoa solids and slowly savour 2-3 squares (25-30g), the perfect portion for a healthy waistline. The rich, bitter flavour helps you eat less, too!

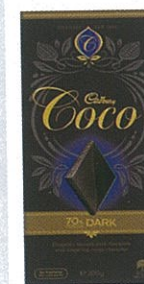


Indulge your dark side

Here are four ways you can enjoy cooking with dark chocolate – and stash a treat in the freezer for later.

- BAKE bananas with a few squares tucked inside the skins
- MELT and DRIZZLE over fresh, whole strawberries
- GRATE and SPRINKLE over a cappuccino or hot chocolate
- DIP fruit into melted dark choc, then freeze for a snack. [hfg](#)

HFG'S TOP PICKS!



Cadbury Coco 70% Dark
(\$4.40 per 100g block)
Per 25g serve: 594kJ (142cal), 11.6g fat, 7.2g sat fat, 7.0g sugars



Lindt Excellence 70% Cocoa Mild Dark
(\$4.20 per 100g block)
Per 25g serve: 633kJ (151cal), 12g fat, 7.3g sat fat, 7.3g sugars



Green & Black's 70% Cocoa Organic Dark
(\$4.40 per 100g block)
Per 25g serve: 602kJ (144cal), 10.5g fat, 6.3g sat fat, 7.2g sugars



Alter Eco 70% Cocoa Deep Dark Sea Salt
(\$5.49 per 80g block)
Per 25g serve: 578kJ (138cal), 10.8g fat, 6.5g sat fat, 7.5g sugars

Text: Karissa Woolfe & Nichola Palmer. Main photo: iStock.