



# Chocolate's Darkest Secret

By Joelle Jacobsen, Marissa Alexander, Raj Lidder and Sonia Minhas



## Chocolate Peanut Butter Bark

### • KITCHEN TOOLS

- Cookie sheet
- Parchment paper
- 2 bowls
- 2 spoons
- 1 spatula

### • INGREDIENTS

- 100 grams of 70% baking chocolate (aim for 60% higher!)
- ¼ cup natural peanut butter
- Pumpkin seeds, cranberries, walnuts—plus any other seeds, nuts and dried fruit you want!

### • MAKING IT:

1. Line a cookie sheet with parchment paper
2. Put the chocolate in a microwave safe bowl and microwave in 30 second timeperiods. Stir between each 30 seconds to make sure the chocolate melts evenly and doesn't seize.
3. In a separate bowl, melt the peanut butter for 30 seconds.
4. Pour half of the melted chocolate onto the cookie sheet. Smooth it into a rectangle with the spatula. Be careful it may be hot!
5. Pour the peanut butter on top of the chocolate and spread around with the spatula
6. Pour the remaining chocolate over top and gently spread it evenly across
7. Top with your desired toppings
8. Set flat in the freezer for 1 hour
9. Break apart the chocolate into 8 pieces
10. Keep in the freezer for best results.

**D** ID YOU KNOW that chocolate in small amounts can be part of healthy eating? Although this is exciting news, you will need to watch the type of chocolate you eat because not all chocolate is created equal! Chocolate is made from cacao beans, which contain healthy compounds called flavonoids (fla-vo-noids). The higher the percentage of cacao, the more flavonoids, and the healthier the chocolate! So, when you are choosing chocolate, look for at least 70% cacao and make sure cacao is the first ingredient on the label. Chocolates with less cacao have more sugar added, so you'll want to eat these types less often.

One benefit of 70% cacao chocolate is that it is less harmful to your teeth than other types of chocolate. You can add even more protective effects by combining it with natural peanut butter or other nut butters that contain healthy fats and proteins. When healthy chocolate is combined with healthy fats and protein it can protect your teeth and reduce the risk of cavities. But remember it's important not to eat a lot, remove any remaining sticky foods from your teeth, drink plenty of water and keep up good mouth care.

## Not All Chocolate is Created Equal

Type of Chocolate	Sugar in 100 grams* (typical size of a chocolate bar)	Flavonoid Content (mg/ 100g)*
Milk chocolate	63 grams`	Low
Dark Chocolate (60-69%)	37 grams`	Medium
Dark Chocolate (70-85%)	24 grams`	Medium
Baking chocolate (100% - unsweetened)	1 gram`	High
White Chocolate	59 grams`	None! (It doesn't contain cacao)

\*Health Canada. Canadian Nutrient File, 2010.



a place of mind  
THE UNIVERSITY OF BRITISH COLUMBIA

Land and Food Systems



UBC  
DENTISTRY



Dentsply  
Sirona



References: 1. Ndb.nal.usda.gov. Foods List [Internet]. 2016 [cited 2 March 2016]. Available from: <http://ndb.nal.usda.gov/ndb/foods> 2. Ndb.nal.usda.gov. Show Foods [Internet]. 2016 [cited 2 March 2016]. Available from: <http://ndb.nal.usda.gov/ndb/foods/show/6112?fgcd=&manu=&facet=&format=&count=&max=35&offset=&sort=&qlookup=chocolate> 3. [Internet]. 2016 [cited 2 March 2016]. Available from: <http://ndb.nal.usda.gov/ndb/foods/show/6112?fgcd=&manu=&facet=&format=&count=&max=35&offset=&sort=&qlookup=chocolate> Type of Chocolate Sugar (in 100 grams -typical size of a chocolate bar) Flavonoid Content (mg/100g) Milk chocolate 63 grams` Low Dark Chocolate (60-69%) 37 grams` Medium Dark Chocolate (70-85%) 24 grams` Medium Baking chocolate (100% - unsweetened) 1 gram` High White Chocolate 59 grams` None! (It doesn't contain cacao) 4. Columbia P. Quick Nutrition Check for Protein - HealthLinkBC [Internet]. Healthlinkbc.ca. 2016 [cited 2 March 2016]. Available from: <http://www.healthlinkbc.ca/healthyteaching/protein.html> 5. Healthycanadians.gc.ca. Canada's food guides [Internet]. 2015 [cited 2 March 2016]. Available from: <http://www.healthycanadians.gc.ca/eating-nutrition/healthy-eating-sainealimentation/food-guide-aliment/index-eng.php6> Lindt chocolate 70% E. EXCELLENCE Cocoa 70% [Internet]. Lindt Canada. 2016 [cited 2 March 2016]. Available from: <http://www.lindt.ca/en/shop/our-brands/excellence-ca/excellence-cocoa-70-ca7> PEN: Practice Based Evidence in Nutrition. The Global Resource for Nutrition Practice [Internet]. 2016 [cited 12 February 2016]. Available from: <http://www.pennutrition.com.ezproxy.library.ubc.ca/KnowledgePathway.aspx?kpid=6425&trid=63948&trcatid=34>