**Eat Chocolate for Good Health**

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Cocoa provides us with the powerful compounds called flavanols. This antioxidant helps destroy the free radicals which do damage to our cells. Cocoa’s antioxidants boost good HDL cholesterol, lowers blood pressure, helps the body metabolize fat in the bloodstream, lowers LDL and can actually prevent heart attacks and strokes.

Choosing a pure dark chocolate offers the most benefits. Many times we are drawn to the creamy texture of milk chocolate. Be aware that although delicious, this variety does not offer as much flavanol. We are drawn to the smoothness of chocolate ice cream, pudding and my personal favorite, Lindor Chocolate Truffles. Unfortunately,  the cocoa butter can negate the positive affect of the antioxidants.

Raw cocoa powder is one of the best forms of chocolate. It can be added to drinks, baked goods, even meats. One tablespoon only has 10-12 calories, 1 gram of total fat, 2 grams of fiber and 1 gram of protein, making it a great way to add antioxidants to your healthy diet.  Time to eat chocolate!

Brownies Deluxe

2/3 c. oil

2 c. sugar

1/3 c. corn syrup

3 eggs

2 tsp. vanilla

½ c. cocoa

1-1/2 c. flour

½ tsp. salt

1 tsp. baking powder

1 c. chopped pecans (opt)

Preheat oven to 350 degrees.  In mixing bowl, beat oil, sugar, corn syrup, eggs and vanilla.  Add cocoa, flour, salt and baking powder.  Beat well.  Stir in chopped pecans.  Pour in greased, floured 9 x 13” baking dish and bake for 35 minutes.  Cool, then sprinkle with powdered sugar (or your favorite icing if you feel the need for more sugar!)

Taken from 101 Best Brownie Recipes