

Title:

Healthy Chocolate is NOT an Oxymoron!

Word Count:

493

Summary:

There is a large body of scientific evidence that supports the notion that the right chocolate

Keywords:

healthy chocolate, organic, antioxidants, dark chocolate, unprocessed, cocoa, dark healthy choco

Article Body:

Healthy chocolate? How can that be? After all, we've been trained to think of chocolate as a g

There's Chocolate and Then There's Chocolate

That's not to say that all chocolate is created equal. If you think that those sugary confection

But those unhealthy ingredients are masking a dark healthy chocolate that is filled with antio

Latest Trends in Healthy Chocolate

As the concept of healthy chocolate gains momentum, products are being brought to market that

What makes healthy chocolate different from the kind you find within candy bar wrappers? First

Healthy Chocolate as a Weight Loss Tool

Unarguably, it's counterintuitive to think of chocolate as being a central component of a weig

The bottom line is that you can incorporate healthy chocolate into your diet without even a tw

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