

## **Nibbling Nibs**

“N-E-S-T-L-E-S. Nestles makes the very best...Chocolate”.

Oh, REALLY? Best for What? Our health or the best to make us fatter and unhealthy?

As a kid growing up in the 50's and 60's, I recall a puppet on TV singing this jingle to advertise Nestles Chocolate. Funny how TV can impress bad choices on our kids.

Have you ever seen Cacao Nibs in a store and wonder what the heck they are? Well, wonder no more! They are crunchy, raw, shelled, crushed cacao (cocoa) beans. It is where chocolate comes from but in its purest, raw, untainted form before the healthy stuff is processed out of it and sugar, salt, emulsifiers and cocoa butter are added.

If you compare them to the chocolate chips or bits you buy to put in your bickies, cakes, trail mix or cereal, you may never go back to the processed, sugar-laden unhealthy chocolate chips and start using Cacao Nibs instead.

### **Are Cacao Nibs Healthy?**

Nutritionally, they are full of fibre, magnesium and antioxidants. Low in sugar and additives. They have almost 3 times the protein as Nestles Dark Chocolate Bits.

With the flu season coming up, adding some extra antioxidants to boost your immune system is a great idea and cacao nibs are a fun way to do it.

As reported on Healthline, Cacao nibs and other cocoa products may offer anti-inflammatory effects, boost your immune system and protect against diabetes, heart disease and certain cancers.

Best part is their high concentration of magnesium that strengthens bones and teeth, promotes healthy muscles by helping them to relax, helps reduce PMS symptoms, is important for hearth muscles and nervous system and is essential for energy production. To get the same amount of magnesium as in 100 grams of Cacao Nibs, you'd have to eat almost 3 cups of raisins or peas or choke down over a cup of Brewer's Yeast! Check your multi vitamins. I just checked a bottle of Centrum over 50 multi's and it only had 100mg compared to Cacao Nibs reporting 280mg.

## **How do you eat or use them?**

Now, do realise this is the pure stuff without the added sugar, emulsifiers or carbohydrates. When baking, you use chocolate chips in a batter that already has heaps of sugar added. Same goes for chocolate chip ice cream, cookies, fudge or any other sweet desserts. I found that the bitter cacao with a few spoons of vanilla ice cream or frozen yoghurt is perfect for the added crunch and rich bitter chocolatey taste to balance the overly sweet ice cream. You can also grind them up into a fine powder and use it instead of pre-processed cocoa powder.

Another yummy way to get all the health benefits of cacao nibs is to grind some up with your coffee beans. But just as a warning, they do contain natural stimulants and if eaten in excess, may cause side effects related to excess caffeine intake.

Add them to your porridge, cereal, trail mix, chocolate smoothie or milk shake. You can blend them into your nut butters, use them in savoury sauces like barbeque and mole or crush them up to crust a steak or duck with them for a wonderfully unique flavour. I add a bunch to my protein balls for additional hidden nutrition. Once I started using Cacao Nibs instead of dark chocolate choc bits, I've never looked back.

Bottom Line: Give them a go!

To Your Health!

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