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The *Chocolate* Guide

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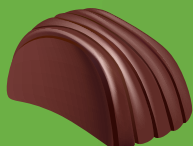
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We may not need to hear about the health benefits of dark chocolate to give us an excuse to buy a bar, but could the chocolate we eat do even more for us as Valentine's Day and Easter approach? In this guide we cover everything chocolate from the difference between cocoa and cacao to the ways in which that bar in your purse can be a force for good.



Need something sweet (and surprisingly healthy) for Valentine's Day? Keep reading for two decadent, dairy-free chocolate recipes made just for you by Amy Longard, Registered Holistic Nutritionist and Plant-Based Chef!



~ Your friends at Kardish



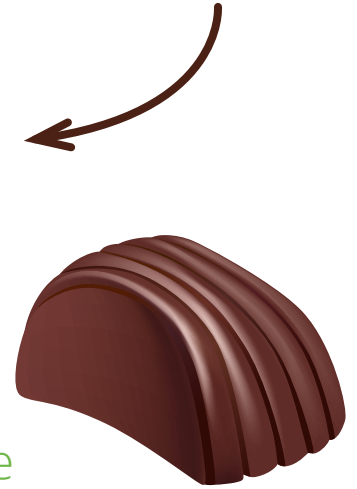
Five Facts You Never Knew About Chocolate

1. Chocolate is a product of fermentation!

Chocolate and wine have more in common than you might think! When cocoa beans are removed from their pods they are coated in a white slimy pulp. These white coated beans are stored in large wooden boxes where they ferment for 3 to 7 days. As the beans rise in temperature, excess liquid begins to drain. Beans eventually turn their signature brown tone and take on a true chocolate flavour.



cocoa pod cross-section



2. White chocolate is not chocolate?

The magic of chocolate making happens when cocoa is combined with cocoa butter, the off-white coloured fat from cocoa beans. We then throw in sugar, various flavourings and usually milk fat to make the chocolate we are familiar with. A high quality white chocolate is basically sweetened cocoa butter. Most white chocolate (including the kind mixed with cookies) is often a blend of vegetable oils and sugar.



3. There is a difference between cacao and cocoa!

Some people believe that there is no difference between cacao and cocoa and that both can be used interchangeably, but in fact, there is a tangible difference! **Cacao** is completely raw and contains antioxidants along with nourishing minerals. **Cocoa** on the other hand is more processed and contains much less nutritional value. Find raw cacao at your local Kardish!



4. Chocolate may protect your skin from the sun!

The flavanols found in chocolate are plant-based nutrients that provide a number of health benefits. Among these benefits is its ability to improve the health of our skin. A study showed that a group of women fed a high-flavanol chocolate had a **25% reduction in sunburns** after exposure to a solar simulator.



5. Chocolate can improve the efficacy of your probiotic supplement!

Our intestinal tract is filled with trillions of healthy bacteria that work hard to support digestion, and they get really hungry. Prebiotics are food for these bacteria, allowing them to thrive in the environment of our colon. The flavanols in chocolate can be **utilized as a source of prebiotics!**

Five Chocolate Brands That Do More Than Taste Good



While chocolate is a classic Valentine's or easter gift, buying chocolate isn't always easy. You or your loved ones may have dietary restrictions. You may be concerned about the quality of the ingredients, the environmental and ecological consequences of production, or the impact your purchase has on cocoa farmers in the global south.

The truth is, it can be a challenge to find a chocolate bar which you can feel genuinely good about. And there's still the matter of taste, because if the chocolate doesn't taste good, it's going to make a lousy gift.

We've pulled together a list of five chocolate makers that not only make delicious chocolate—but go a step further by making their chocolate stand for something good.

Zazubean

- Zazubean is a woman-owned, Canadian company.
- Zazubean makes organic, fair trade chocolate with superfood ingredients, such as maca root, açai berries, yerba maté and camu camu.
- For those who are avoiding dairy, Zazubean also has a line of "moo-less" chocolate made with coconut milk.



EnjoyLife

- All of EnjoyLife's products are free from the top 8 allergens, as well as casein, potato, sesame and sulfites.
- EnjoyLife recently opened North America's **largest dedicated allergy-friendly bakery**.
- Miss the taste of milk chocolate? Try EnjoyLife's Ricemilk Chocolate bars!



Camino

- Produced by the Ottawa-based La Siembra Co-operative, the first registered importer of Fairtrade-certified cocoa in North America.
- Camino's chocolate is certified Fairtrade and Organic. All of Camino's chocolate bars are gluten-free.
- Camino also maintains a complete list of vegan and allergen-friendly bars [on their website](#).



Theo

- Working with the Eastern Congo Initiative, Theo has trained more than 4,500 Congolese farmers to grow high quality organic, fair trade cocoa, which increases farmer earnings.
- Theo's chocolate is certified Organic by the USDA, Non-GMO Project Verified, and Fair Trade by Fair for Life.
- Theo makes a line of dark chocolate that they identify as suitable for vegans.



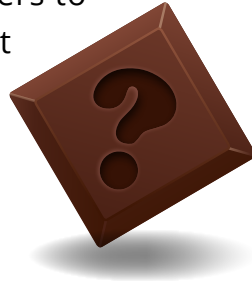
Endangered Species

- The first American-made chocolate to use fully traceable cocoa from West Africa.
- Certified Fairtrade, Gluten-Free, Non-GMO Project Verified, and many of Endangered Species' dark chocolate bars are also Certified Vegan.
- 10% of Endangered Species' net profits are donated each year to their [GiveBack Partners](#).



The Certifications Behind Your Favourite Chocolate

While buying chocolate at Kardish you may notice that many of the bars on our shelves are labelled with certification marks. These marks allow shoppers to get information at-a-glance about the ingredients contained in chocolate they buy, and even the environmental and human impacts behind their production.



Organic Foods & Products

The two most common organic certification marks you will see on our chocolate are Canada Organic and USDA Certified Organic.

Canada Organic

Overseen by: The Canadian Food Inspection Agency.



USDA Organic

Overseen by: The United States Department of Agriculture.



Non-GMO

All food and products with the **Non-GMO Project Verified** certification mark must contain less than 0.9% genetically modified ingredients, though absence of all genetically modified ingredients is the target for all Non-GMO Project Standard compliant products.



Fair Trade

The two most common fair trade certifications on our shelves are **Fairtrade Certified** and (the similarly named) **Fair Trade Certified**. The split between the two certifications began in 2011, when Fair Trade USA resigned their membership with Fairtrade International in order to provide certification for larger-scale producers.



Gluten-Free

The **GF Logo** certification mark requires all ingredients to contain 10ppm or less of gluten. Annual inspection is required for manufacturers, and finished-product testing is also required.



Vegan

By ingredients, **Certified Vegan** products do not contain meat, fish, fowl, animal by-products (including silk or dyes from insects), egg products, milk products, honey or honey bee products, and must involve no animal testing of the ingredients or final product.



Visit our website to learn more about certification marks on products carried at Kardish Health Food Centre.

Decadent, Dairy-Free Chocolate Recipes

Chocolate Chia Pudding

Ingredients:

- 1 1/2 cups unsweetened non-dairy milk
- 1/3 cup chia seeds
- 1/4 cup cacao or unsweetened cocoa powder
- 3 pitted medjool dates (chopped into small pieces) or 2 tablespoons maple syrup
- 1/2 tsp ground cinnamon
- 1/4 tsp sea salt
- 1/2 tsp vanilla extract, optional

Directions:

1. Add all ingredients, except chia seeds, to your blender, and process until you have a smooth, frothy chocolate drink.
2. Add the mixture and your chia seeds to a large glass jar or container. Shake or stir until chia seeds are evenly mixed and not clumped at the bottom.
3. Seal your jar or container and transfer it to the fridge for at least 3 to 5 hours, or until it becomes a pudding like consistency.
4. Serve chilled with desired toppings, such as fruit, granola or coconut whipped cream. Keep leftovers covered in the fridge for about 3 days.

Raw Brownie Bites

Ingredients:

- 1/2 cup hemp hearts
- 1/2 cup raw, unsalted pecan pieces
- 1/2 cup raw cacao powder
- 1/4 teaspoon fine sea salt
- 20 pitted Medjool dates, coarsely chopped
- 1 teaspoon vanilla extract

Directions:

1. Combine hemp hearts, pecans, cacao powder and salt in a food processor. Pulse for about 10 seconds or until you've created a finely ground mixture.
2. Add half the dates and the vanilla extract to the food processor and process for about 15 seconds. Then add the remaining dates and process for another 15 seconds or until mixture is fairly smooth and begins to clump into a large ball of brownie dough.
3. Transfer the brownie dough to mixing bowl and roll out approximately 20 little balls.



Recipes by
Amy Longard

Registered Holistic Nutritionist
and Plant-Based Chef



4. You can enjoy your brownie bites right away, but I suggest storing them in the fridge for an hour to allow the bites to set and harden. Raw Brownie Bites can be stored in the fridge for up to 2 weeks in an airtight container.

Note: if your dates are hard, they can be softened by soaking in warm water. Drain off the water and then follow the instructions as listed above.

There's More Chocolate In store at Kardish

Our clean and modern stores offer a wide selection of specialty health and bulk foods, gluten-free products, natural health and beauty aids, vitamins, and other natural health supplements. We also carry chocolate! Look for the following new products at a Kardish Health Food Centre near you.

Prairie Naturals Organic Coconut Seed Snacks with Dark Chocolate

Camino Maple Hot Chocolate

Zazubean Vixen Bar Here for a limited time!

Prana Chocolate Bark

Simply Protein Bar Double Chocolate, and Chocolate Coconut

Camino Chocolate Easter Bunnies Available by March 2017!

