

Cacao

Cacao powder is made by grinding the beans of the cacao tree, a process that retains many of the bean's beneficial nutrients. It's a rich source of antioxidants, particularly flavonoids. Cacao powder is high in magnesium, iron, and fibre, and it contains small amounts of protein and potassium.

Often used in baking, smoothies, and hot drinks, cacao powder offers a deep, rich flavour without the added sugars found in processed cocoa products. It's an excellent way to enjoy chocolate flavour in a healthier form. Because it's less processed than cocoa powder, cacao retains more of its natural nutrients, making it a better option for those looking to maximize the health benefits of chocolate.

Frozen chocolate cheesecake

Recipe courtesy of Cassandra Ofner, Accredited Practising Dietitian (APD)

Recipe taken from Dietitians Australia website <https://dietitiansaustralia.org.au/recipes>

Accredited Practising Dietitians are nutrition professionals with the qualifications and skills to provide expert personalised nutrition and dietary advice.



Serves 6



Ingredients:

BASE:

- 1 cup mixed nuts (macadamias, pistachios, hazelnuts)
- 6 dates
- 1 egg white
- ½ tsp honey

FILLING:

- 1 cup cashews
- ½ cup natural yoghurt
- ¼ cup cacao powder
- ¼ cup frozen berries (optional)

Method:

1. Blend base ingredients together.
2. Press into pan.
3. Blend cashews, yoghurt and cacao together. Mix through berries.
4. Pour filling over base. Decorate with any extra berries by pressing into the top.
5. Place in freezer for 1 hour.
6. Prior to serving, let it sit out for 15 minutes to soften.

Nutrition

Energy	1418kJ (339 calories)
Protein	9.6g
Saturated Fat	4g
Total Fat	26g
Carbohydrates	14.6g
Sugars	9g
Dietary Fibre	4.6g
Sodium	28mg

Nutritional information is provided per serve