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Chocolate, especially antioxidant-rich dark chocolate, can be good for you. These recipes maximize chocolate-y goodness, while minimizing sugar, fat,

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Healthy Chocolate Dessert Recipes EatingWell

Chocolate is such a rich treat, it seems too good to be true that it could actually be good for you. Indeed, studies suggest that eating moderate amounts of dark chocolate may help improve heart health, lower blood pressure, reduce diabetes risk and boost mental sharpness. You can feel good about indulging in these healthy dark chocolate recipes.

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Healthy Homemade Chocolate Recipe Wellness Mama

It may be for the magnesium boost (yes, chocolate contains magnesium) or for the feel-good serotonin and dopamine release that helps mood and sleep. Certainly, not all chocolate is created equal and most store-bought chocolate brands contain a lot more than cocoa powder.

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25 Insanely Delicious Chocolate Recipes That Are Still Healthy

Plus, chocolate itself provides some disease-fighting antioxidants and heart health-promoting compounds.

Thanks to these slimmed down chocolate recipes, you can always feel good about getting your fix.

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Healthy Chocolate Recipes Reader Favorites

I know people who can eat dessert in moderation or who can go days or even weeks without even thinking about chocolate. But since I have never been one of those people, I figured out early on that I needed to come up with some healthy chocolate recipes to satisfy my chocoholic sweet tooth and enable

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Healthy chocolate milk recipe BBC Good Food

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Best Healthy Chocolate Dessert Recipes POPSUGAR Fitness

Chocolate doesn't have to be a guilty pleasure. In fact, it can be downright good for you! This Valentine's Day, enjoy the decadence without guilt; check out these recipes that will satisfy

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