

Doctor Chocolate

Contributed by Administrator
Friday, 19 February 2010

Good news for fans of it. According to research chocolate not only improves mood, but the figure. You can without worrying about the line a few lumps of chocolate to eat. Better yet, choose the bitter variety. It contains the most cocoa pulp, or cocoa. It contains a very powerful plant antioxidants, similar to those of red wine.

Strengthening the heart German scholars in "The Journal of the American Medical Association" confirmed that the polyphenols in chocolate protect against the influence of a vein of bad cholesterol. Some of these substances have effects similar to aspirin. Prevent platelets from sticking, thus reducing the risk of blood clots. A piece of luck Chocolate self-confidence before a date, because it activates areas of the brain governing secretion of endorphins. These hormones make you feel welcomed. In addition, chocolate contains Phenylethylamine, a substance which improves mood. The sweet taste of dark plates fits well with chili. It is fashionable last culinary combination acts as an aphrodisiac. Included in seasoned with hot substances enhance the effects of chocolate. Expand blood vessels and thus experience in the bedroom. Plate for the figures The best is bitter chocolate, milk and white because they contain more calories. Dark cube does not harm the figure, the glycemic index is only 22 It is less than a carrot. Low GI ensures that after such a dessert insulin in the blood remain stable, which will prevent the assault of famine. Sweet guide Buying the more the percentage of cocoa contain chocolate, this is better. The list of ingredients should not be such substances as fat or vegetable. Sweets to their content is not chocolate, but products. Storage: keep the best chocolate in the cabinet, without light. Sweet plates like most dark, dry and cool place. Cooking: when chocolate is an ingredient of sweet toppings or a cocktail, preferably it does not pour cold liquids because he can beat the lumps. Velvet mousse with mango: Chocolate mousse had a great presents, and it's very easy to do. Its secret is a fluffy white foam, which makes it very light and can be given even after a hearty dinner. It's delicious, but also a healthy dessert, since it contains very little sugar and very little fat. Ingredients for 5 persons (1 serving about 257 calories): 2 bars of plain chocolate, 1 tablespoon cane sugar, 4 eggs, one large mango. In a large pot, boil a lot of water. When it starts to boil, put inside a small saucepan. Put the chocolate to him, and gradually add sugar, stirring until completely dissolved. Should have the consistency of very thick cream. Separate the protein from the egg protein with a pinch of salt to a rigid foam. Yolk with slightly cooled but still liquid chocolate. To ground, gently stirring, gradually add the protein. Put the mousse into, cover them with foil and put in at least three hours in the refrigerator. During this time, rinse and dry mangoes. Peel the skin from them, and then separate the seeds from the flesh as much as you can. Habit it into cubes and decorate with chilled dessert.