



HEALTH & WELLBEING

DIY

The Magic of Raw Cacao



A nutrient-dense superfood, raw cacao is packed with antioxidants (40x more than blueberries), magnesium, iron, and fibre, offering significant health benefits.

Cacao's many benefits include improved heart health, lower blood pressure, mood enhancement, improved cognitive function, reduced inflammation, and protection against UV.

What is the nutritional value of raw cacao?



Cacao offers:

- A high mineral content and good source of antioxidants
- Containing high quantities of magnesium, potassium and flavanols
- High in iron (significantly more than beef!)



Potential health benefits of raw cacao



Raw Cacao offers a wide range of potential health benefits including:

- Improved heart health by lowering blood pressure
- Mood enhancement and improved cognitive function
- Reduced inflammation and protection against UV



How can we include okra in our diet?

Here are a few ideas! There are many great recipes waiting on the net!

- Make a super rich drink using raw cacao and dairy free milk
- Add to your morning (or evening) porridge
- Make your own ethical chocolate using raw cacao and cacao butter.
For a creamier chocolate, add coconut cream and lightly sweeten with honey or plant sugars, such as agave

Cacao V Cocoa?



Cocoa is produced using high temperatures, reducing its antioxidant and nutritional value

Cacao is raw, unprocessed and unroasted, maintaining maximum nutritional value

A word of caution

Do remember that we are all individual, and cacao may not be suitable for everyone. For instance, by lowering blood pressure, this could be problematic for anyone taking blood pressure medication. Always be aware of what works for you, being sure to take professional advice when on medication. Generally, try only small amounts of anything new and listen to your body.