

Baking Natural Cocoa Powder Whole Foods And Recipes For Weight Loss

DENVER, COLORADO, USA, April 19, 2016 /EINPresswire.com/ -- Raw cacao powder has more than 300 phytochemicals and nearly four times the antioxidant power (naturally polyphenol-rich food) of regular dark chocolate and contains protein, calcium, carotene, thiamin, riboflavin, magnesium, and sulfur; these properties can be destroyed by high heat, so it's important to know just what type of processes your [cocoa powder](#) and baking chocolate have undergone. Cacao can improve heart health, cholesterol, stress levels, and inflammation. It releases anandamide, endorphins, phenylethylamine, and serotonin into the brain giving consumer a euphoric sensation. [Natural cocoa for weight loss](#) is acidic (pH around 5), baking soda reacts with acidic ingredients, so it's usually paired with natural cocoa. In red velvet cake, this reaction contributes to the reddish



color. [Baking natural cocoa powder whole foods](#) is done by several methods which depends on several factors like the quality of dry cacao and the desired properties of the final product.



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