

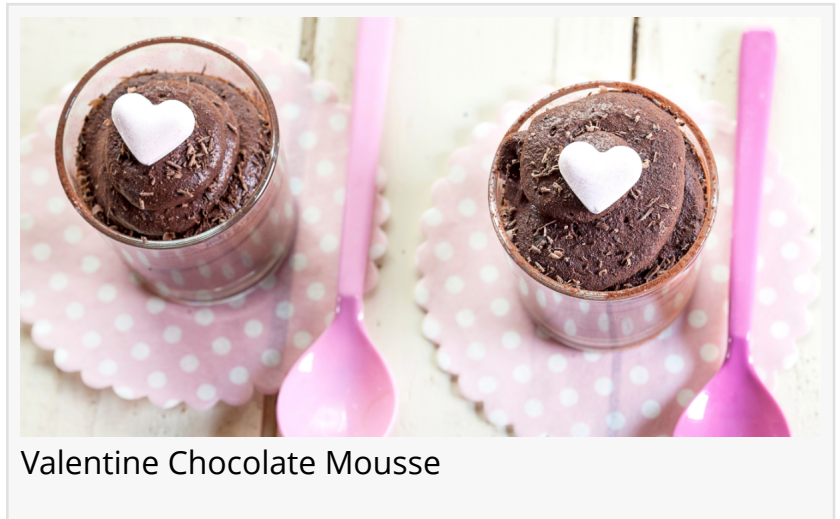
# Homemade chocolate Valentines from the healthy recipe website HealthEcooks.com

*The heart-healthy recipe website, healthEcooks.com, released healthy chocolate dessert recipes that combine rich dark chocolate with heart-healthy ingredients.*

WASHINGTON CROSSING, PA, UNITED STATES, February 13, 2025

/EINPresswire.com/ -- People who don't want to overload their Valentine with an overpriced box of high-calorie milk chocolate this week now have a healthier alternative. The heart-healthy

recipe website, healthEcooks.com (Health eCooks), released [healthy chocolate dessert recipes](#) that combine rich dark chocolate with heart-healthy ingredients.



Valentine Chocolate Mousse

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Homemade dark chocolate Valentines don't just say 'I love you,' Making a Valentine with dark chocolate says, 'I care for you'”

*Adam Fisher Health eCooks  
Recipe Editor*

Inflation is back in the news and retail chocolate prices are soaring this Valentine's Day. The chefs and dietitians at Health eCooks offer a healthier, more economical alternative. They created easy Valentine's Day recipes and a cooking video showing how to make homemade Chocolate Almond Strawberries using an economical bag of dark chocolate chips from the grocery store.

Today the recipe website features dozens of heart-healthy Valentine's Day recipes that blend antioxidant-rich dark chocolate with wholesome ingredients that make a yummy

treat in about 30 minutes.

[Health eCooks®](#), a dietitian-approved recipe website, launched heart-healthy dessert recipes with chocolate covered strawberries, velvety chocolate mousse or a sugar-sparkled chocolate cake.

“Homemade dark chocolate Valentines don't just say 'I love you,'” said Health eCooks recipe editor Adam Fisher. “Making a Valentine with dark chocolate says, 'I care for you'.”

## Why Dark Chocolate is Best

Medical research on the nutritional benefits of dark chocolate suggests it's healthier than milk chocolate. The health benefits come from antioxidants such as flavanols and polyphenols that naturally occur in cocoa. Dark chocolate has a higher cocoa content and more antioxidants than milk chocolate.

According to recent studies published in US medical journals, the higher percentage of cocoa in dark chocolate may lower the risk of type 2 diabetes, obesity, cardiovascular disease and high blood pressure.

Milk chocolate and white chocolate do not provide the same benefits as dark chocolate. Sweeteners and milk solids are added to make milk chocolate. Milk interferes with the body's ability to absorb antioxidants.

Health experts recommend choosing dark chocolate with at least 70% cocoa content to reap the most benefits.

This Valentine's Day, give the gift of homemade dark chocolate that melts in the mouth and protects the heart.

## About Health eCooks

HealthEcooks.com is a trusted recipe website that helps people cook and eat healthy foods. Recipes are developed by professional chefs and registered dietitians to comply with established US dietary guidelines. The healthy recipe website features tested recipes with vibrant photos, simple-to-follow instructions, and engaging videos that make



Chocolate Covered Strawberries



Chocolate Cake

it easy to cook America's favorite foods healthier.

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