

K-STATE

Research and Extension

Master Food Volunteer
Johnson County

Upcoming Classes

March—

DASH Diet

Thurs. March 21 @ 6-8pm

Fee: \$25

Scientists, doctors and nutritionists agree that the DASH Diet (Dietary Approaches to Stop Hypertension) is one of the best ways to improve your heart health. This diet is a life-long approach to healthy eating that's designed to help treat or prevent high blood pressure. Join our class as we explain what the diet involves, how to follow it, and demo samples from the diet for you to try.

Kids in the Kitchen:

Pasta Perfection

Sat. March 23 @10am-Noon

Fee: \$15

Kids ages 7 to 12 will have fun cooking pasta dishes while also learning food preparation skills, sanitation, & safety in the kitchen.

April—

Gluten Free Baking

Thurs. April 18 @6-8pm

Fee: \$25

Do you need to avoid gluten but struggle with cravings for crusty bread with airy, soft centers? Do you miss doughy pizza and cookies that don't crumble when you look at them and taste like rocks? Well suffer no more! Join our class to learn the basics of successful gluten free baking.

Kids in the Kitchen:

Play with your Food

Sat. April 27 @10am-Noon

Fee: \$15

Kids ages 7 to 12 will have fun being playfully creative preparing edible art while also learning food preparation skills, sanitation, & safety in the kitchen.

Classes are held at the K-State
Johnson County Extension Office: 11811
South Sunset Drive,
Olathe, KS 66061

To register,

Call: 913-715-7000

Or visit: www.johnson.k-state.edu

Dark Chocolate and Cocoa—Healthy Treat in Moderation

It's February. Stores are brimming with red and pink hearts, roses, romantic cards, and of course chocolate! To many of us, the amount of chocolate everywhere can be dis-heartening as we are still on January's quest for health. Have no fear, health-minded friends—it is proven that chocolate, dark chocolate and cocoa that is, may actually benefit our health when consumed in moderation.

Dark Chocolate and cocoa contain a greater amount of plant-based nutrients, or phytonutrients, called flavanols than do other forms of chocolate. In fact, these compounds have a bitter flavor and give the darker chocolates and straight cocoa their characteristic taste.

Past research has indicated that cocoa flavanols help in heart health; more recent research expands those findings to possible brain health benefits. In both cases, the phytonutrients, "positively affect the circulatory system and help maintain the flexibility of the arteries," according to the November 2013 issue of Tufts University Nutrition and Health Letter. In one study, the researchers found that older adults with hypertension and/or diabetes drinking two cups of cocoa each day for a month improved in both brain function and increased blood flow to the brain. Researchers at Brigham and Women's Hospital in Boston found that for a small group of subjects with impaired functions, average age 73, increased daily intake of cocoa improved their cognitive skills significantly.

So does this mean to eat a box of chocolates for good health every day? Unfortunately, no. But moderate quantities of dark chocolate or cocoa may be beneficial for some. Although there is no recommended amount that has been suggested by the research, those in the field propose limiting consumption to about 1-ounce per day. For example, that would be about four dark chocolate kisses. Keep in mind, though, that along with the flavanol-packed cocoa in the candy or hot drink, typically there is also a good bit of fat, sugar, and other less healthy components.

Choose darker types of chocolate (70% cocoa or higher) for heart and brain health benefits. And while you are at it, continue to make other heart-healthy choices including selecting low-fat or non-fat dairy foods and lean meats and getting plenty of fruits and vegetables daily—try melting your ounce of dark chocolate on strawberries, raspberries or bananas for a heart-healthy dessert!

Source: Adapted from "Dark Chocolate and Cocoa—Healthy Treat in Moderation" by Janet Hackert, Nutrition and Health Specialist, University of Missouri Extension



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Recipe of the Month

Black Bean Coconut Brownies (Gluten-Free)

- 1-1/2 cups black beans rinsed and drained
- 3/4 cups sugar
- 2 teaspoons vanilla
- 1 cup of unsweetened coconut divided
- 3 eggs
- 1 teaspoon espresso powder
- 1/3 cup cocoa powder
- 2 tablespoons melted coconut oil or vegetable oil
- 1/2 cup semi-sweet or dark chocolate chips

1. Pre-heat oven to 350°F. Line a muffin tray with parchment or silicone muffin papers.
2. In the base of a 7-cup food processor fitted with a steel blade (or a high powered blender), combine the black beans, sugar, vanilla, 1/2 cup of coconut, eggs, espresso powder, cocoa powder and coconut oil.
3. Blend until creamy and smooth.
4. Transfer to a large glass measuring cup, or mixing bowl.
5. Stir in the chocolate chips.
6. Pour or spoon the batter, dividing it amongst 12 muffins.
7. Sprinkle the tops with the remaining coconut.
8. Bake for 23 to 25 minutes, until muffins are cooked through.
9. Allow to cool before removing the muffin papers.

Source: www.sweetpeasandsaffron.com



Nutrition Facts	
12 servings per container	
Serving size	1 brownie
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 65mg	3%
Total Carbohydrate 25g	9%
Dietary Fiber 4g	14%
Total Sugars 17g	
Includes 16g Added Sugars	32%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 25mg	2%
Iron 2mg	10%
Potassium 209mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.