

Cacao nibs' most important feature is that they are delicious. The chocolate taste is more intense than chocolate bars, but its flavour profile is rather neutral, not overly bitter or sweet. Thus, they can be paired with other foods that are both sweet and savoury. Cacao nibs can be added into baked desserts, breads, meat marinades, salads, and yoghurt bowls, among many other adventurous dishes. Boxgreen's Cacao Nib Clusters include almonds and cashew nuts for an earthy palette.



Cacao, as compared to cocoa, is a form of chocolate that is less processed and contains no added sugar. Cacao nibs come directly from the cacao seed after it has been harvested, dried, cleaned, fermented, roasted, removed from the shell, then ground into crunchy pieces. Thus, nibs are one of the purest forms of cacao, so they are one of the most beneficial types of chocolate to consume.

Raw cacao contains phytonutrients including sulfur, magnesium, and phenylethylamine,

which absorb dangerous free radicals in our bodies, protecting us from environmental harms like radiation and pollution. Cacao nibs can give us more antioxidants than tea and even goji berries!



(Source)

Cacao nibs can help you lose weight, as they are high in fibre. This makes you feel fuller, so it can make you snack less in frequency and volume. However, cacao is high in fat and calories, so make sure you don't eat too much of it! Fibre can help improve bowel movements too.

Flavonol-rich cacao helps to reduce blood pressure, regulate blood glucose levels, and improve insulin efficiency. High levels of iron in cacao also mitigate symptoms of anaemia, including fatigue and restlessness. The various lipids and chemicals in cacao also boost endorphin and serotonin levels in the body, making us more focused, alert, and happy.



(Source)

Cacao, like chocolate, makes us happy; cacao nibs, unlike chocolate bars, can be enjoyed with significantly less guilt.

To munch with peace of mind, [click here for the boxgreen online shop](#).