



# Probiotic Dark Chocolate

## Why in News?

- Recently, Chandni Roy, a student of MSc from Food Technology at Gwalior Jiwaji University, has made the immunity booster probiotic extract chocolate for chocolate lovers.

## Key Points

- In this chocolate, Chandni Roy has used a probiotic and kept the sugar content to a minimum.
- The healthy probiotic chocolate uses cocoa powder, milk powder, coconut oil and probiotics (Lactobacillus bulgaris, Lactobacillus cassie, Lactobacillus acidophils).
- Chandni Roy explained that eating probiotic dark chocolate has a lot of benefits. The anti-oxidants found in dark chocolate normalize blood pressure and reduce the risk of clotting in the heart. The flavonoids found in chocolate helps prevent harmful rays from the skin.

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