



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.

PDF Refernece URL: <https://www.drishtias.com/printpdf/probiotic-dark-chocolate>