



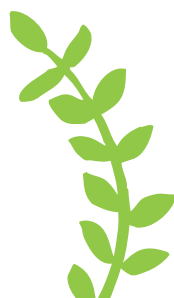
What are AcanChia® Cocoa Nibs?

Cocoa plants have already been cultivated 400 BC by the Mayas and Aztecs in Central America. At this time cocoa beans were reserved for the gentry only and were consumed for special occasions as beverage with chili and honey. Today Cocoa is primarily used for the production of chocolate in Europe.

The high calorie content of processed chocolates inhibits the healthy beneficial effect of the ingredients in the cocoa beans.

Cocoa Nibs consist of 100% cocoa as they are directly produced out of cocoa beans. In this process the beans are peeled and cut into smaller pieces.

The cultivar "Criollo", which is provided by us, has low content of acid and bitters. This makes these cocoa beans ideal for direct consumption.



Nutritional value:

100 g AcanChia® Cocoa Nibs contains:

Calories.....	634 kcal/2616 kJ
Protein.....	13,8 g
Carbohydrates.....	11,1 g
Fat.....	56,5 g

Contact:

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Back to the seeds. **AcanChia®**



Cocoa Nibs
POWER OF
MOOD

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Special properties of AcanChia® Cocoa Nibs

Cocoa beans have the highest content of antioxidants of all known plants. These antioxidants have anti-inflammatory properties and are available in an especially easy absorbable form.

Cocoa Nibs contain big amounts of iron, magnesium and many mineral nutrients. In addition Cocoa Nibs are rich in B-vitamins and vitamin C and E. Furthermore they have a high content of fibers which are good for our digestive system.

In a similar way to dark chocolate Cocoa Nibs are said to have a positive emotional effect. The reason for this is the content of „primarily second messengers“ like serotonin, dopamine and tryptophan found in the beans.

Characteristics summarised:

- 100% cacao beans
- especially rich in antioxidants
- rich in fibre
- low sugar
- rich in iron and magnesium
- rich in Vitamin C, E and B-vitamins
- mood enhancer

IDEAS FOR RECIPES

Of AcanChia® Cocoa Nibs



Cocoa Nibs are suitable as ingredients for all recipes like e.g. smoothies, desserts or ice cream, addition to muesli, topping on desserts or for a healthy snack.



CHILD WITH CACAO

AcanChia® Cocoa Nibs

- premium quality ✓
- on-site controlling ✓
- organic certified ✓
- 100% cacao beans ✓
 - convenient ✓
 - vegan ✓
- gluten-free ✓
- lactose-free ✓

