

## **A cure for the holiday**

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With the holiday just days away, some of you may have sugar plums dancing in your heads. The rest of us dream of chocolate. This is nothing to feel guilty about. The dark stuff is rich in health, via flavonols and magnesium, and well, it's just rich. Chocolate is earthy, sweet and makes us happy, even during December, a time that can make the best of us slightly nuts.

Nuts are in full force in Jer's Cara Mella Peanut Butter Bars (\$6, 3.5 ounces). Handmade Cara Mellas scored Best in Show chocolate bar at the New York Chocolate Show in September. They are made with peanut butter from Valencia peanuts, the sweetest and highest-protein peanut. What you taste is peanut butter, gooey caramel and chocolate that's dark and silky but lacks primacy. This may be a drawback to a hardcore chocoholic, but delivers for anyone craving a stylish peanut butter cup. Jer's Cara Mellas and other chocolate treats are available at Whole Foods, Fresh Market and [www.jers.com](http://www.jers.com).