

Chocolate For Your Health

**Wednesday, October 22, 2025
6:00pm-7:45pm**

With the holiday season approaching and the time for over-indulging before us, long time chef and chocolate expert, Maria Brandriff, will demonstrate that it just may be possible to keep things healthier. With a focus on dark chocolate and some of its health benefits. Ms. Brandriff will also demonstrate how to make chocolate truffles with cream alternatives as well as healthy chocolate bark. There will be samples and recipes.

Adults Only. Register Online.

Maria Brandriff completed the Certificate of Gastronomy program at the University of New Haven in 2003. In early 2004 she had the opportunity to travel to the city of Arles in France for an intensive 3 day apprenticeship with a noted Provencal chocolatier.

In recent years, Ms. Brandriff's focus has turned to developing healthier alternatives in chocolate making.



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