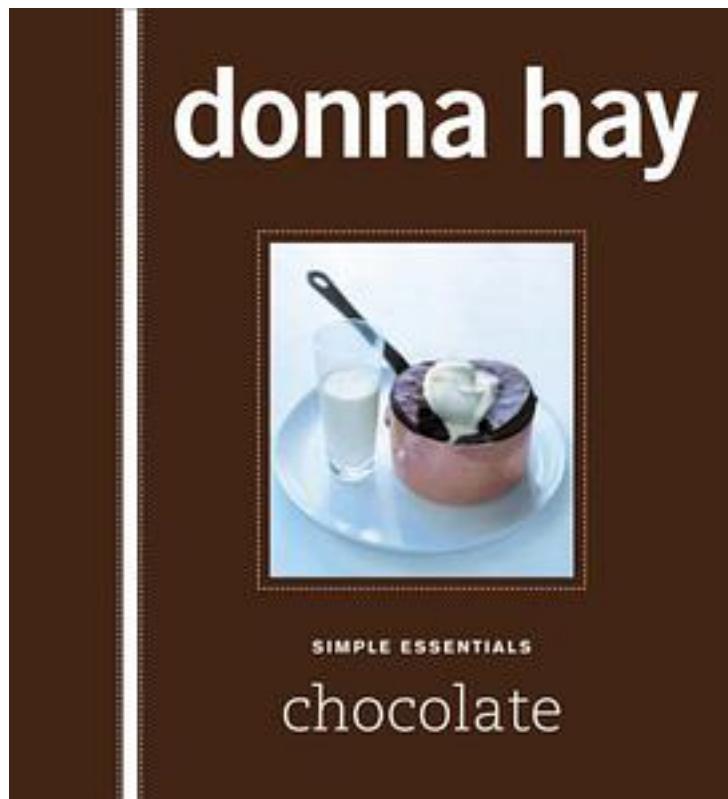


# Chocolate



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The world loves chocolate and chances are, with the majority of the population saying their favorite flavor is chocolate, you do too. This enjoyable book will serve to deepen, not only your love, but also your understanding of chocolate.

Some may think that chocolate is simply a treat, something that satisfies a sweet tooth. After reading this truly pleasurable and educational account by two leading nutritionists, you will agree that chocolate is much more than that. You will discover it

encompasses a culture, a cuisine, a treatment, and much more!

The authors begin by revealing how to truly savor chocolate. Even the most avid chocolate lovers will pick up tips on how to intensify the full chocolate flavor and expand their sensual experience.

Next, they illustrate how cultures around the world enjoy chocolate, and how chocolate, more than just a flavor, holds a special place in holidays and celebrations globally. While exploring other cultures, they journey to the rainforest and explore the origins of chocolate. They then trace its history through the centuries, from the Maya and Aztec cultures, where the chocolate phenomenon began. Over the ages, this dark, delectable food has been viewed as a gift from the gods, as valuable as gold, a medical treatment for illness, a social indulgence for just the elite, and finally a treat to be enjoyed by everyone.

Today, science has proved what was revealed to ancient civilizations so long ago: chocolate does have healing powers. At the end of the 1990s, the authors were among the first to communicate to the media the exciting news that dark chocolate may enhance health. They helped to launch the first heart healthy chocolate brand for a global chocolate company.

Replete with luscious photography and enticing recipes, this delightful, even mouthwatering, book will bring your appreciation for this gift of Mother Nature to a new level.

作者介绍:

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