

Naked Chocolate: The Astonishing Truth about the World's Greatest Food; 248 pages; 9781556437311; 2005; North Atlantic Books, 2005; David Wolfe, Shazzie

With the mission to "lay naked before the world the true meaning of chocolate," David Wolfe and Shazzie present a spirited and unconventional history, materia medica, and recipe book for the world's most pleasurable food: chocolate. This book describes the wonders of cacao—where it comes from, how it is processed, its three varieties, and its origins and role in pre-Columbian cultures of the Americas. It explains the scientific properties and health benefits of chocolate, and elaborates how you will lose weight, soothe your heart, double your joy, increase your sensuality, nourish your intelligence

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