



The Ultimate Dark Chocolate Cookbook for Health Nuts!: Dark Chocolate Recipes for Health-Conscious Choco-Addicts (The Health Nut Cooking Collection) (Volume 4)

Andrea Silver

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Are you ready to dive into indulgent yet surprisingly healthy chocolate recipes? As part of my “Health Nut” cooking collection, I’ve created my favorite recipes for chocolate, ranging from the sweet to the savory. That means everything from delicious cake recipes to healthy mole sauces perfect for Mexican style cuisine. It’s amazing all of the things you can do with this food. Chocolate, being a food of Gods, is clearly one of the original “superfoods”. The healthiest chocolate are the varieties with high cacao content (over 70%). Loaded with vitamins and minerals, many underestimate the importance of cacao in their diets. Also included are my favorite recipes for chocolate smoothies. Yes, cacao is even a great addition to your health shakes! To get started right away on your chocolate journey, you can download this cookbook to your browser in one click (no Kindle is needed). Also available is the paperback edition, as well!

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