

*Taste of Thoughts®*



# All You Need Is... **CHOCOLATE!**

*By Dr. Irina Koles*



*This book is dedicated to all chocolate lovers.*

*To those who discovered cacao.*

*To those who work year round cultivating delicate cacao trees  
from their seeds to harvesting the beans.*

*To those who invest their talent and imagination in creating  
amazing chocolate masterpieces from bitty cacao nibs.*

*To those who passionately LOVE the magic of chocolate,  
sharing this love with others.*

# *Table of Contents*

Introduction .....	1
History of Chocolate.....	3
Harvesting Chocolate.....	5
Health Benefits of Chocolate .....	8
Nutrition Facts.....	9
More Things to Consider.....	12
Chocolate and Weight Loss.....	13
Low Glycemic Chocolate Desserts.....	15
▪ Individual Chocolate Raspberry Pies.....	16
▪ Mocha Mousse.....	17
▪ Chocolate Log with Dipped Strawberries .....	18
▪ Raw Chocolate Lovers' Melting Hearts.....	19
▪ Chocolate Cheese Cake.....	20
▪ Easy Brownies.....	21
▪ Individual Rum Treats.....	22
▪ Light Chocolate Cake .....	23
▪ Dark Chocolate Ice Cream.....	24
▪ Dipped Strawberries.....	25
▪ Chocolate Orange Mousse.....	26
▪ Chocolate Fondue .....	27
▪ Chilled Coffee with Ice Cream .....	28
▪ Chocolate Espresso Martini.....	29
▪ Chocolate Raspberry Cocktail .....	30
Afterword.....	31
Find More Help to Get to the Next Level.....	32

## *Introduction*

**CHOCOLATE...** *What first comes to your mind when you hear this word, see fine chocolates, or smell its aroma?*

*Do you recall warm and cozy hot chocolate mug from your childhood? Maybe your mom gave it to you on your way to school. Maybe your grandma indulged you with it when you were visiting her, or came back, happy and excited, after playing outside in the snow? Or maybe your older brother was reading you a book, and you crunched chocolate bars together?*

*I am sure that each of us has some sweet memories related to the chocolate. They may vary, but they certainly have something big in common. They engaged with fillings of joy, passion, fun, peace, happiness, warmth, sharing, care, attention, which is actually all about...LOVE.*

*For me, it started in my family.*

*When I was a kid, we lived in Siberia, Russia, and didn't have good food brands then. My dad was frequently traveling for business to Moscow and Saint Petersburg (Leningrad at that time), and always brought us exclusive foods and chocolates! They were fancy truffles, chocolate with nuts, caramel or fruits. For my readers from Russia such names as Belochka, Karakum, Mishka Na Severe, and beautifully wrapped Cacao Truffles make sense :) What a delicious, mouthwatering feast! Fair enough, we didn't eat them all at once, but savored one or two a day, probably until dad's next trip. Was it just about sweets? Of course, not. It was about getting kind attention, care, indulging, and about felling unconditional dad's love, which never ends.*

*Much later, when I became a mom, I was bringing a cup of hot chocolate to my son every morning, waking him up for school. For many kids waking up early and getting ready on time is a big challenge. So, instead of going through a daily stress of 10 entrances to his bedroom following 10 failed attempts to wake him up, I found a solution and it worked perfectly. A cup of hot chocolate near his bed helped him to wake up quickly, made him happy, and let us getting to school on time.*

*Someone told me once: “You shouldn’t indulge him that much. Do you think his wife will bring him hot chocolate to the bed each morning?” Well, I don’t think it matters. Most of all, I resolved every-morning problem, eliminating stress and helping my son to start each day with fun and a smile. That was the simplest and sincere way of expressing my unconditional love. Who knows, maybe those daily cups of hot chocolate contributed in growing him as a great and loving person.*

*Don’t hold yourself from expressing your love. Extra hug, kiss or smile worth thousands words. It is never too much.*

*Love and be Loved,*

*Dr. Irina*