

the
chocolution
presents



the chocolution.com

MAYAN MAGIC

CHOCOLATE-MAKING KIT

70% Organic Raw Cacao
100% Pure, therefore best

Dairy Free • Additive Free • No refined sugar

the chocolution presents
this explorers pack with best wishes as
you begin your journey on the road to
becoming a 21st century chocolatier...

This explorers pack was born from
a simple desire: to share with you
the magic of making pure chocolate,
potent and powerful like the Aztecs
used to.

There will be new editions of this
booklet – reflecting chocolate's
changing seasons. Each edition will
be full of information to inspire and
ideas to spark imaginations.

the chocolution wants you to
beat Willy Wonka at his own game.

Your
mission is
simple... make
your dream
chocolate...
combine the finest
chocolate with
the **perfect**
sweetness
and your
dream
flavour or
filling...

WHAT YOU GET

- 3 x packets pure cacao paste/ cacao butter
- 3 x agave nectar
- 1 x flavour

WHAT YOU WILL NEED

- Small saucepan, approx. $\frac{1}{4}$ full of water
- Small heat-proof bowl
- Spoon (balloon whisk optional)
- Paper Moulds (or other suitable container)
- Chocolate ingredients
- Flavours (optional)

MELT Pour small amount of water into a
saucepan. Place bowl on top of the pan, above
the water line. Bring water to the boil and turn
off the heat straight away.

MIX Add the solid ingredients to the bowl
Leave to melt for 10 minutes, stirring every
2 or 3 minutes. Slowly pour in the agave while
stirring (for medium-sweet add it all). Add
your optional flavour now. Remove bowl from
the pan and let it stand for 2 minutes.

MOULD Gently give the chocolate a final mix.
Spoon into moulds. Place in fridge/freezer for
40 minutes.

DISCOVER MORE when you turn over this
page... while you're waiting for your chocolate!





CACAO SCIENCE 1 Pure cacao contains:

Anandamide, Copper, Calcium, Epicatechin, Iron, Magnesium, Manganese, MAO Inhibitors, Niacin, Pyridoxine, Potassium, Phosphorous, Pantothenic Acid, PEA, Riboflavin, Sodium, Theobromine, Thiamin, Tryptophan, Vit A, Vit B1, Vit B2, Vit B3, Vit B5, Vit B6, Vit E, Zinc.

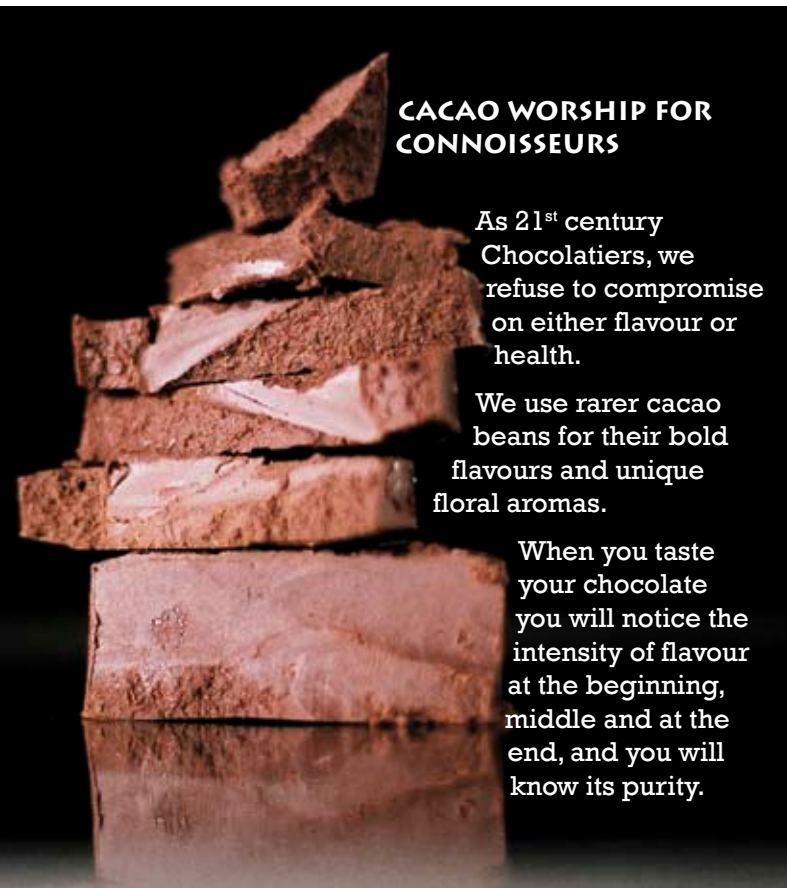
CACAO SCIENCE 2 Anandamide:

Anandamide is a recently discovered messenger molecule that plays a role in pain, depression, appetite, memory, and fertility. Its name comes from *ananda*, the Sanskrit word for “bliss”.

Three compounds that strongly resemble anandamide were found in dark chocolate by Daniele Piomelli and his colleagues. They also found compounds (N-acylethanolamines) that block the breakdown of anandamide.

Piomelli speculates that part of the pleasure of chocolate comes from anandamide and the anandamide-preserving N-acylethanolamines. “We are talking about something much, much, much, much milder than a high”, he says.

Nature, 1996 Aug 22; 382(6593): 677-8. Brain cannabinoids in chocolate, di Tomaso E., Beltramo M., Piomelli D.



CACAO WORSHIP FOR CONNOISSEURS

As 21st century Chocolatiers, we refuse to compromise on either flavour or health.

We use rarer cacao beans for their bold flavours and unique floral aromas.

When you taste your chocolate you will notice the intensity of flavour at the beginning, middle and at the end, and you will know its purity.

CACAO HISTORY

Cacao has had a very long relationship with human civilizations. Aztec legend held that cacao (kah KOW) seeds had been brought from the gods and that universal wisdom, **power and potency came from eating the fruit of the tree.**

The Aztecs and the Mayans worshipped cacao (a.k.a. chocolate), centuries before the likes of Cadbury, Nestle or Mars went to work, diluting the true power of the bean. The ancients called it “food of the gods”, asserting that the god Quetzalcoatl travelled to earth with a cacao tree from paradise. Quetzalcoatl taught the people how to roast and grind the seeds, making a paste that could be dissolved in water. **the chokolution** is here to help you bridge the gap and reconnect with the natural power and potency of pure chocolate.

Viva la chokolution!