

Raw Chocolate

We are featuring a book to help you satisfy your chocolate cravings in a healthy way. Just in time for Valentine's Day we have a book just for you. *Raw Chocolate* by Matthew Kenney and Meredith Baird is our most recent staff pick. The inside cover tells it all:

“Experience one of the great tastes and textures in the raw food world – raw chocolate. Raw chocolate is expensive to buy, but can be made without a lot of fuss and with great results. And with Cacao beans and health-promoting ingredients like goji berries and maca, raw chocolate is good for you too.

This book features all flavors and types of chocolate: truffles, fudge, buttercups, dipped fruit, smoothies, bonbons and more. Learn to make raw chocolate that is as beautiful as it is delicious with Matthew Kenney and Meredith Baird's *Raw Chocolate*.”

Get your copy of *Raw Chocolate* at a 20% discount through Christopher Publications. Get one for a friend as well. It's a beautiful book with lovely mouthwatering photos of the delicious recipes.

If you're a chocolate lover but feel like the days of indulgence are over after changing to a healthy way of eating, this book will open up a new avenue of delicious and healthy treats. Enjoy!

