

Chocolate is a usually sweet, brown food preparation of roasted and ground cacao seeds that is made in the form of a liquid, paste, or in a block, or used as a flavoring ingredient in other foods. The earliest evidence of use traces to the Olmecs (modern day Mexico), with evidence of chocolate beverages dating to 1900 BC.[1][2] The majority of Mesoamerican people made chocolate beverages, including the Maya and Aztecs.[3] The word "chocolate" is derived from the Classical Nahuatl word *chocolātl*. [4]

The seeds of the cacao tree have an intense bitter taste and must be fermented to develop the flavor. After fermentation, the beans are dried, cleaned, and roasted. The shell is removed to produce cacao nibs, which are then ground to cocoa mass, unadulterated chocolate in rough form. Once the cocoa mass is liquefied by heating, it is Chocolate is one of the most popular food types and flavors in the world, and many foodstuffs involving chocolate exist, particularly desserts, including cakes, pudding, mousse, chocolate brownies, and chocolate chip cookies. Many candies are filled with or coated with sweetened chocolate. Chocolate bars, either made of solid chocolate or other ingredients coated in chocolate, are eaten as snacks. Gifts of chocolate molded into different shapes (such as eggs, hearts, coins) are traditional on certain Western holidays, including Christmas, Easter, Valentine's Day, and Hanukkah. Chocolate is also used in cold cocoa supply. With some two million children involved in the farming of cocoa in West Africa, child slavery and trafficking were major concerns in 2018.[5][6] However, international attempts to improve conditions for children Chocolate has been prepared as a drink for nearly all of its history. For example, one chocolate's preparation by pre-Olmec peoples as early as 1750 BC.[7]

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and hot beverages, such as chocolate milk and hot chocolate, and in some alcoholic drinks, such as *creme de cacao*.

Although cocoa originated in the Americas, West African countries, particularly Côte d'Ivoire and Ghana, are the leading producers of cocoa in the 21st century, accounting for some 60% of the world called chocolate liquor. The liquor may also be cooled and processed into its two components: cocoa solids and cocoa butter. Baking chocolate, also called bitter chocolate, contains cocoa solids and cocoa butter in varying proportions, without any added sugar. Powdered baking cocoa, which contains more fiber than it contains cocoa butter, can be processed with alkali to produce dutch cocoa. Much of the chocolate consumed today is in the form of sweet chocolate, a combination of cocoa solids, cocoa butter or added vegetable oils, and sugar. Milk chocolate is sweet chocolate that additionally contains milk powder or condensed milk. White chocolate contains cocoa butter, sugar, and milk, but no cocoa solids residue of a chocolate drink, suggests the Maya were drinking chocolate around 400 AD.[10]

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Milk Chocolate	20% Coca With Sugar	
Dark chocolate	90% Coca	Without Sugar Without lactose

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Chocolate has been prepared as a drink for nearly all of its history. For example, one vessel found at an Olmec archaeological site on the Gulf Coast of Veracruz, Mexico, dates chocolate's preparation by pre-Olmec peoples as early as 1750 BC.[7] On the Pacific coast of Chiapas, Mexico, a Mokaya archaeological site provides evidence of cacao beverages dating even earlier, to 1900 BC.[8][7] The residues and the kind of vessel in which they were found indicate the initial use of cacao was not simply as a beverage, but the white pulp around the cacao beans was likely used as a source of fermentable sugars for an alcoholic drink.[9]

An early Classic-period (460–480 AD) Mayan tomb from the site in Rio Azul had vessels with the Maya glyph for cacao on them with residue of a chocolate drink, suggests the Maya were drinking chocolate around 400 AD.[10] Documents in Maya hieroglyphs stated chocolate was used for ceremonial purposes, in addition to everyday life.[11] The Maya grew cacao trees in their backyards,[12] and used the cacao seeds the trees produced to make a frothy, bitter By the 15th century, the Aztecs gained control of a

large part of Mesoamerica and adopted cacao into their culture. They associated chocolate with Quetzalcoatl, who, according to one legend, was cast away by the other gods for sharing chocolate with humans,[14] and identified its extrication from the pod with the removal of the human heart in sacrifice.[15] In contrast to the Maya, who liked their chocolate warm, the Aztecs drank it cold, seasoning it with a broad variety of additives, including the petals of the Cymbopetalum penduliflorum tree, chile pepper, allspice, vanilla, and honey. The Aztecs were unable to grow cacao themselves, as their home in the Mexican highlands was unsuitable for it, so chocolate was a luxury imported into the empire.[14] Those who lived in areas ruled by the Aztecs were required to offer cacao seeds in payment of the tax they deemed "tribute".[14] Cocoa beans were often used as currency.[16] For example, the Aztecs used a system in which one turkey cost 100 cacao beans and one fresh avocado was worth three beans.[17] The Maya and Aztecs associated cacao with human sacrifice, and chocolate drinks specifically with sacrificial human blood.[18][19] The Spanish royal chronicler Gonzalo Fernández de Oviedo described a chocolate drink he had seen in Nicaragua in 1528, mixed with achiote: "because those people are fond of drinking human blood, to make this beverage seem like blood, they add a little achiote, so that it then turns red. ... and part of that foam is left on the lips and around the mouth, and when it is red for having achiote, it seems a horrific thing, because it seems like blood itself." [19]