



The Great Chocolate Pyramid

John and Shari Rudy

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In The Great Chocolate Pyramid book, you will find more than eighty simple, fun and irresistible chocolate recipes to drive your taste buds wild! For each of the food groups on the USDA food pyramid, there are ten or more wickedly delightful recipes which include chocolate as a key ingredient. And, if you are one of those chocoholics who must have their chocolate now, a “Quick Fix” section is included with twenty fast and easy recipes just for you. As you read and indulge your deserving sweet tooth, you will: 1. Laugh at cartoons and quotes about the world’s most perfect food, 2. Enjoy fascinating trivia and test your chocolate IQ with challenging quizzes, and 3. Learn clever ways to exercise while preparing and consuming your favorite food. Anything tastes better when you add chocolate! Have you ever tried chocolate tenderloin con queso or chocolate chili? How about white chocolate cranberry scones, chocolate chip pancakes or chocolate pear cake? Each year you consume about 1,000 meals, and each time you eat you are faced with choices about what to eat. Surveys show that people crave chocolate more than any other food. And it follows, that if you are going to eat anyway, you might as well enjoy it and eat chocolate! So get some friends and family members together to laugh and eat what you’ve secretly been craving all day long!



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