



## Loco for coco

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**T**he hype around Chia seeds has been and gone, Goji Berries have pretty much had their day and dessert hummus hasn't quite taken off. But there's one emerging food trend for 2017 we can *definitely* recommend – chocolate.



Food for thought: did you know that chocolate is easier to digest than cakes or biscuits? Neither

did we. If you're someone that can't resist the temptation of finishing the pack and would rather tuck into another slice of chocolate cake – it's ok, you're not alone as we can't get enough of the velvety good stuff either. It's estimated that on average, Americans and Brits collectively eat a whopping 25.8lbs of chocolate a year. 2017, is no exception and welcomes fun back into your diet. According to Liz Moskow, culinary director at [Sterling-Rice Group](#), eating chocolate earlier in the day can improve work performance significantly – so, adding a little cacao to your breakfast will see you becoming a little more prepared for your workday.



*But what is cacao?* Cacao is the purest form of chocolate, which means it is raw and much less processed than cocoa powder or confectionary chocolate bars. The cacao fruit tree, also known as *Theobroma Cacao*, produces cacao pods, which are cracked open to release cacao beans. Cacao is **thought to be the highest source of antioxidants** and magnesium of all foods. It has even been used within many different cultures for health purposes over the years.



At Inkaterra, chocolate lovers can learn how to make their very own sweet treats. Throughout the harvesting season (December to the end of March and occasionally April), guests visiting **Inkaterra Hacienda Concepción** can explore the cacao plantation and get stuck into the chocolate making process. From harvesting the fruit to crushing, drying and toasting the cacao seeds, guests are fully immersed into a 'junglified' Willy Wonka experience.

