



Cocoa

Botanical Name: *Theobroma cacao*

We're about to tell you something you've been wanting to hear for years. Yes – chocolate is good for you! Not only that, but cocoa beans are some of the most sought after ingredients in dishes globally. The key to cocoa is preparing it in its raw, undisturbed state. Cocoa beans are vastly used in a variety of delicacies, from cocoa butter to chocolate manufacturing and beyond. Organic cacao's usage dates back to the 18th century, and humankind has never stopped loving its flavor ever since. Cocoa plant is a tropical evergreen tree grown for its edible seeds. We source our cocoa from Ghana (nibs and shell). Cocoa nibs is globally known as "Nature's Chocolate Chips". Peeled and crumbled from cocoa beans, nothing compares to the pure chocolate flavors and aromas that emanate from this rich, antioxidant superfood. Certainly, raw cacao nibs have made their way through thousands of generations, maintaining their unbroken position as a globally-adored snack, as dessert enhancers around the globe and also in teas.

Cocoa nibs and shells are an incredible source of magnesium, calcium, zinc, iron, copper, potassium, manganese and flavonoids. It helps to fight things like cardiovascular disease while improving your overall mood and boosting energy levels.

We recommend that you consult with a qualified healthcare practitioner before using herbal products, particularly if you are pregnant, nursing, or on any medications. This information has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. For educational purposes only.

This ingredient is sourced from Ghana.



Need a "pick-me-up" to get over your afternoon slump, try our tea blends with Cocoa. Ashanti Cocoa, Mombasa Island

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