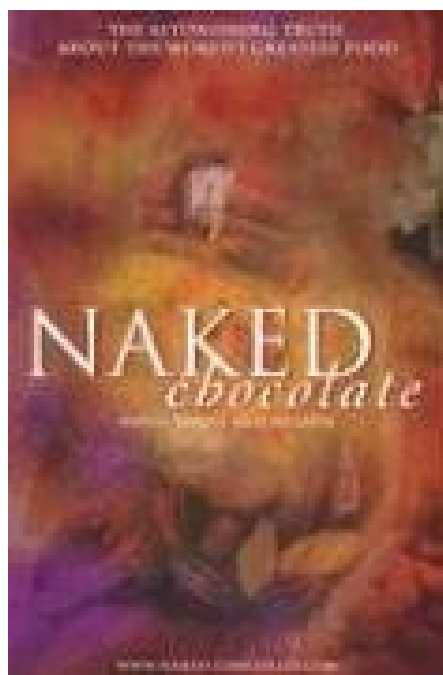




Naked Chocolate

David Wolfe , Sharon Holdstock

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Free tracking. History of chocolate.

Naked Chocolate Details

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Ayden B says

Live and love by chocolate

Damien says

David Wolfe's books are getting better as the years go by, but not good enough. I liked this one just a tad more than Superfoods, although I am still sceptical. Almost convince, but not quite. The photos are really cool, as well as the Galeano style dabbling into Meso-American legend. There is also an illustrated outline of most of the foods from Superfoods. I figure some day Wolfe will be able to revise his books and give us something cool and straightforward without being such a cheeseball. Also, like most raw food books, the recipes were way too complicated for new comers.

Anna says

Chocolate is the best thing in the world for you!!!!!!!!!!!!!!

Viktoria Nieva-Gomez says

I read this book already 10 years ago and really enjoyed it at the time... it sparked my passion to experiment with making my own raw vegan chocolate. With recent findings that cacao is quite contaminated with heavy metals I changed from having it every day to once in a while. Some of David Wolfe's ideas I find quite whacky but entertaining.

Amanda Paisley says

Upon cracking the cover of 'Naked Chocolate', one first encounters the disclaimer issued by the David-Shazzie duo. Not too surprising given the subject matter (natural health, etc.). Shocking however, is the 'Note on References' that follows three paragraphs later. The research that went into the book is referred to as 'chaos magic'. Personally, I prefer documented facts. The authors go on to state that some references to studies and facts were lost. Lost? Here I quickly become skeptical of the validity of ANY material that is going to be presented. Furthermore, the authors statement recommends that if the reader finds any information that is unsubstantiated, they should take it upon themselves to 'do the book and Internet research to corroborate the information' Hmmmmm....isn't that why I purchased the book? To read SUBSTANTIATED facts about cacao presented by an educator on the subject, rather than the unverified blatherings of a self-proclaimed nutrition guru? In a nutshell, I believe that I'm being told that the author may not be able to actually back up his 'facts' and that I should just 'google-it'. No thanks! One could save their hard-earned \$24.95 and just googled 'raw cacao facts, cacao mythology, cacao processing, etc'.

Given the above information, I've taken any information contained within the pages of 'Naked Chocolate'

with a grain of salt (pardon the pun). That aside, the book itself is very well laid out and pictures were quite beautiful. As far as value, I have to disregard it as an educational source and focus solely on its value as a recipe book. Unfortunately, it seems at best, a glorified, over-blown 'un-cookbook'. I haven't actually tried any of the recipes. From my experience with raw foods preparation/recipe books, they seem insanely rich by comparison. Most recipes contain huge amounts of oils and excessive use of sweeteners. Plus, the nauseatingly 'cute' endorsements of the recipes contained within the instructions slaughter my food prep inspiration before it even had a chance to blossom.

My consolation? This book was gifted to me rather than an actual purchase on my part.

Loree says

excellent addition to a foodies book shelf. Good collection of recipes and information about cacao (raw chocolate).

Jasmine says

About as 'twirling hippie' a book as you can get and I absolutely loved it. The raw food community is pretty guilty of circular referencing of scientific 'proof' and 'research' and there is plenty of pseudoscience in evidence here but... I don't need scientific proof to know something makes me feel fabulous and that something is delicious and that's what this book is all about. FULL of inspiration for how to harness the miraculous health powers of cacao.

Imageeer says

The naked truth about this wonderful food's origins, traditions from a hippie's point of view. Some interesting and healthy ideas about how to best partake of this fruit of the gods.

Polina says

I expected a lot from this book, but perhaps precisely because I am a raw foodist chocolate addict myself the title just didn't measure up. I read the theoretical part of it in one sitting, skipping the endless chemical composition lists and diagrams (seriously, is anyone interested in that I believe they will be conducting their own independent research and such data does not belong in a mass interest cookbook/reference title in my opinion). I don't feel like I have learned much new from it, and it just went from one unconfirmed speculation to another. And the recipes, the main reason for purchasing it, also failed to inspire any new creations on my part but I will revisit it at a later date to see if I can glean anything of interest for my chocolate creative endeavours.

Jacquelin Kai says

Lot's of great information and truth about the Raw gem of a bead. Just, believe it or not, I am kind of getting over the necessity for chocolate.

Sharolyn says

Chocolate is good for you... but most especially best when it is in it's most natural state - raw and dark. This book encouraged me to make my own raw chocolate from scratch. Which I still hope to do ... one day. In the mean time I enjoy the darkest chocolate I can find with the least unnecessary ingredients.

Oliver says

Awesome book about the bean that chocolate's made from and the tasty health world of raw food.

Rachel says

Lots of info and some good reciepes.
