

Chocolate Bars

[Chocolate bars](#), could there be anything more decadent? You can find your favorite candy in just about any size and shape. You can buy bars with nuts, caramel, marshmallows, fruit and creams inside. So much candy is given out during this season that storing it properly can ensure its quality and taste. Here's a few storing tips for you, it should be stored away from humidity and in temperatures between 59 to 63 degrees Fahrenheit, it will absorb many different aromas so store it away from other foods. It should be stored in a dark place protected from light.

It always seems like the right time to take a break and enjoy a great piece of chocolate whenever the opportunity presents itself. There's always time to stop and share some chocolates with someone, during break time at work, on a romantic date, any holiday get together, business meetings or parties, walks in the park, riding in the car or just sitting on the back porch with your mate. I look at it as sharing the love, the chocolate love. So go grab yourself your favorite candy bar a good book or movie, or go for a walk, hike or bike ride and when you're ready for a break or intermission pull out that chocolate bar and enjoy the moment.

Have you had the pleasure to try a drinkable chocolate? Imagine if you will the best chocolate you have ever tasted... now melt it, pour it into a mug and drink it. Drinking chocolate is clearly a more-indulgent option to hot cocoa. If you are a true chocolate bar lover then you just must give drinking chocolate a try, you will not regret the experience. Just remember that it is very rich and thick and can be over the top at first so don't over indulge. Less is more when trying your first mug.

If you love chocolate as much as I do then you will surely enjoy a spiced up Mexican hot chocolate. There's really nothing like a wonderful mug of this wonderful hot chocolate any time of day or night to warm yourself up, relax and enjoy the moment with. Here is one of my favorites:

- 4 ounces unsweetened chocolate
- 4 cups milk
- 2 cups heavy cream
- 3/4 cup sugar
- 1 1/2 teaspoons cinnamon
- 2 eggs
- 3 teaspoons pure vanilla extract

Melt the chocolate in the top of a double boiler. In a separate heavy saucepan heat the milk and cream on low until hot but not bubbling. When the milk mixture is hot add 3 tablespoons of it to the chocolate and mix well. Blend in the rest of the milk mixture, the sugar, and the cinnamon. In a small bowl beat the eggs and vanilla. Add a tablespoon of the chocolate mixture to the eggs and beat well. Slowly stir the egg mixture into the chocolate. Whisk the hot chocolate briskly in the double boiler for 3 minutes, then serve immediately.

Part of the pleasure of eating chocolates is due to the fact that its melting point is slightly below human body temperature: it melts in the mouth. Chocolate intake has been linked with release of serotonin in the brain, which produces feelings of pleasure. A study reported by the BBC indicated that melting chocolate in one's mouth produced an increase in brain activity and heart rate that was more intense than that associated with passionate kissing, and also lasted four times as long after the activity had ended. Research has shown that heroin addicts tend to have an increased liking for chocolate; this may be because it triggers dopamine release in the brain's reinforcement systems — an effect, albeit a legal one, similar to that of opiates.

Whether it is cakes, cookies, drinks, fudge or puddings I will enjoy it. Whether it is dark, white or milk, with nuts, fruit or just plain I love chocolate. [Chocolate bars](#) are my personal favorite and find them so intensely pleasuring to consume.

About the Author

Sophie Beck, We offer some excellent resources for finding and enjoying some of the best chocolate bars from around the world. Stop by and take a view through chocolate colored glasses!

For more information on Chocolate Bars please visit:

<http://www.Chocolate-Gourmet.com>

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