

# Chocolate Encyclopedia Article

## Chocolate

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# Contents

<a href="#">Chocolate Encyclopedia Article.....</a>	<a href="#">1</a>
<a href="#">Contents.....</a>	<a href="#">2</a>
<a href="#">Chocolate.....</a>	<a href="#">3</a>



# Chocolate

Chocolate is an ingredient of many popular treats, such as candies, baked goods, hot drinks, and ice cream. It is prepared, often as a paste, from the roasted crushed seeds (called cocoa beans) of the South American cacao tree (*Theobroma cacao*). Chocolate contains theobromine and caffeine, both of which produce a mild stimulating effect. The word "chocoholic" was coined to describe people especially attracted to chocolate flavor.

## See Also

Caffeine.