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How Cocoa Beans Become Chocolate



Fermented & roasted cocoa beans



The Process

Fermented and dried cocoa beans

Cleaning and roasting

Breaking and winnowing

Nibs

Shells

Milling

Chocolate liquor

Chocolate liquor



Cocoa nibs

Cocoa powder manufacture

Alkanization

Fat pressing

Presscake

Cocoa butter

Breaking, Grinding, and sifting

Cocoa powder

Cocoa powder



Chocolate candy manufacture

Added sugar, flavor, milk, cocoa butter

Mixing and refining

Conching

Tempering

Molding or coating

Chocolate bars or chocolate-coated products



- No sugar
- Low in fat
- Contains phytonutrients that lower blood pressure, lower bad cholesterol, and boost our good cholesterol

- High in sugar and fat (addictive)
- Many chocolate bars contain milk.