

Killer Cocoa Beans

By

I know everyone thinks that cocoa beans taste delicious, but they are actually super bitter. The only reason chocolate tastes good is because it has so much sugar in it. The next few paragraphs will explain all about cocoa beans the seed, where it lives and its nutrients value



The Seed

First things first the seed. There is no seed of the cocoa bean because it is the seed of the cocoa tree that they grow on. Picture a cocoa bean, now picture a lima bean. Are they the same size? Which one is bigger? Neither they are actually the same size.

The Region

Now for where it grows. The cocoa tree grows in the tropics with the cocoa pods full of cocoa beans, but it is all over the world as chocolate. The cocoa tree needs warm weather year round that is why they grow mostly in the tropics.

Fun Fact

Did you know that cocoa beans were used as Currency or money.

Nutrition value

You probably thinking that cocoa beans are not good for you because chocolate is unhealthy, but actually there is a explanation for that. When they are cooked they lose all of their nutrients. Normally they have a lot of Iron and dietary fiber so they are actually ok for you but I do not suggest that you eat them. They taste really bitter.



Now that you know so much about cocoa beans you won't be needing me anymore. Do not forget that chocolate may taste good but cocoa beans do not.

