

This Free E-Book is brought to you by Natural-Aging.com.

**[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**

HOT CHOCOLATE FOR THE BRAIN

By Sunnie Ford

HOT CHOCOLATE FOR THE BRAIN by Sunnie Ford

SCHOKOLADE is the name of a hot chocolate from Gano Excel Inc and it has certain health ingredients beneficial for the brains of Kids of all ages.

Helping you focus, if you need that, and in this stressful world, don't we all need to focus on the matters at hand?

Request a free catalog and a FREE SAMPLE at:

www.coffeeriches.com/?&id=3339

Gano Excel Director

225-Year-Old Vienna Chocolate Recipe

By Monice Dulcinea

225 years ago, someone named Miss Parloa created this very special Vienna-style chocolate drink recipe. And today I want to share the recipe with you so that you'll be warm in cold winter nights.

It's quite easy actually...

Use four ounces of vanilla chocolate, one quart of milk, three tablespoonfuls of hot water, and one tablespoonful of sugar.

Cut the chocolate in fine bits. Put the milk on the stove in the double-boiler, and when it has been heated to the boiling point, put the chocolate, sugar and water in a small iron or granite-ware pan, and stir over a hot fire until smooth and glossy. Stir this mixture into the hot milk, and beat well with a whisk. Serve at once, putting a tablespoonful of whipped cream in each cup and then filling up with the chocolate.

HOT CHOCOLATE FOR THE BRAIN

The plain chocolate may be used instead of the vanilla, but in that case use a teaspoonful of vanilla extract and three generous tablespoonfuls of sugar instead of one.

Enjoy sipping.

Visit

for more recipes.



This Free E-Book has been brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!