

Chocolate Tea: Delicious And Nutritious

Is chocolate tea actually good for me?

You love chocolate and you love tea. Why not combine the two? Now you can, and you don't even have to brew it yourself. There are so many kinds of ready-to-brew chocolate teas on the market today, including chocolate mint truffle, masala chocolate truffle, chocolate orange truffle and Mayan chocolate truffle herbal tea. It's not only delicious; it's also nutritious (in moderation, of course). Consider this:

Both chocolate and tea can be great for your health. They both contain antioxidants, so they may help your body cleanse itself of toxins. Additionally, a study out of Oxford has shown that there are properties in tea and chocolate that may help improve cognitive function. Who knew that something so delicious could also be good for you?

So, the next time you crave a sweet treat, grab a bag of chocolate gourmet tea. It tastes great, and in moderation, it can be great for your body.

Celebrate Chocolate With A Chocolate Tea Party

What kind of chocolate tea are available?

From green chocolate tea and decaf chocolate tea to herbal chocolate tea and pure chocolate tea, there are many different chocolate teas to try. So why not invite your friends to a tea party to try them all? Here's what you do:

Search out a premium outlet that offers gourmet chocolate tea, like Mighty Leaf Tea. Buy at least three different kinds of chocolate tea so you can get an idea of the different flavors available. Some examples of tea you might want to try are: chocolate mint truffle, masala chocolate truffle, chocolate orange truffle and Mayan chocolate truffle herbal tea.

Follow the directions on each box and boil enough water to brew all of the teas at the same time, (you may have to use two kettles). Read each box to discover the regions where each tea was cultivated. Break out your favorite tea set, pour a little bit of tea in each cup and take turns sipping the tea. Discuss the different aroma and flavors with your guests. At the end of the tasting, you'll not only have learned a bit about the chocolate teas, but hopefully you'll have discovered a favorite among them.

History Of Chocolate Tea

Where did chocolate come from?

In modern times, we've really found amazing ways to use chocolate to enhance our lives. There are chocolate facials, chocolate-dipped fruit, chocolate tea cakes and chocolate gourmet tea. Chocolate is so readily available that it is almost taken for granted these days, but in the past, this wasn't the case.

Chocolate is made from the cocoa bean of the Cacao Tree. The Mayans and Aztecs initially enjoyed it as a beverage in the 15th century in what is now modern-day Mexico. The pure chocolate beverage was so revered that it was sipped during sacred ceremonies. In both the Aztec and Mayan civilizations, priests presented cocoa beans as gifts to the gods.

Those who experience the stimulating nature of Mighty Leaf's Mayan Chocolate Truffle Herbal Tea may be inclined to agree with the priests. Chocolate lightly blends with chili, red pepper, apple and strawberry in a caffeine free herbal offering.

Though it's unlikely that the Mayans and Aztecs enjoyed the same chocolate gourmet tea today's connoisseur revere, one can assume the gods would be pleased either way.

The Latest In Tea And Chocolate Desserts

What kinds of tea and chocolate desserts are available?

Tea and chocolate have always been a great combination. There are even chocolate desserts specifically designed to eat in combination with drinking a cup of tea. Chocolate chip tea cakes, chocolate tea bread and chocolate drop tea cake are just some of the staples that have been eaten for hundreds of years. Luckily, for the gourmet tea and chocolate connoisseur, the tea desserts have not stopped there. Now there are desserts made with both tea and chocolate. Check out these delectable green tea and chocolate dessert treats that you may have never heard of:

White Chocolate-Mint Ice Cream Profiterole consists of a delicious blend of macadamia cream puffs, peanut brittle and a white chocolate-tea glaze.

White Chocolate Green-Tea Ice Cream is a tasty side to your favorite after-dinner tea.

Green Tea Chocolate Cheesecake is a scrumptious Japanese recipe consisting of chocolate chips and green tea powder.

Green Tea Chocolate Balls are yummy truffles made up of green tea and chocolate.

No matter which way you go with your dessert choice, be assured that your tea drinking ritual will be extra delicious with these tasty treats.

All About Matcha Tea

What is matcha tea and where can I buy it?

Matcha tea is a powdered green tea that was invented in China during the 10th Century. Although the Chinese invented it, it is the primary tea used in the Japanese

tea ceremony. It is worth every penny as it is a quality tea, specially grown under shade-trees, and stone ground into a fine powder.

Matcha is not only enjoyed as a tea, it is also an ingredient used in desserts like Swiss rolls, cheesecake, green tea chocolate cake, mousse, truffles and ice cream. It is generally combined with chocolate to create a delicious flavor that people all over the world enjoy. Additionally, matcha has also been marketed as an energy drink – incorporated into shakes, smoothies and lattes.

If you're thinking about trying matcha or just trying to figure out [where to buy tea](#) online, look no further than MightyLeaf.com.