

# WindRose Ladies' Association - continued

Our speaker this month was dietitian and author **Monica Bearden** who presented a chocolate tasting with wine pairing. Monica has spent 8 years traveling the world, experiencing and tasting different chocolates. She has immersed herself in the business and enjoyment of chocolate. Monica stresses that, in moderation, chocolate is a wonderful treat; she enjoys a piece of dark chocolate daily. It is plant based and contains healthy vitamins and minerals.

There are a few different types of chocolate tastings available; you can taste the different percentages of cocoa in chocolate by tasting dark and milk chocolates, you can do a truffle tasting, and you can also do an origin tasting and try chocolates from different parts of the world.



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