



For chocolate. Dark's my preference. It's healthier, since there's that antioxidant factor. But really any kind; anything with cocoa will hit the spot for a chocoholic like me. And, aside from its heavenly taste, it releases feel good neurotransmitters in the brain which can potentially neutralize any crappy state of mind. That's a plus. No, for real. I mean, yes, God loves even the grumpiest of us, but I'm sure He would prefer we keep it together as often as possible - maybe have a Snickers bar to snap out of it. A Dove drop usually does it for me (inside messages and all). 😊

Chocolate. Good for the soul. And those around us, thank heavens.

Until next Thursday's post...si Dios quiere.

What scrumptious treat are you thankful for today?

"As with most fine things, chocolate has its season. There is a simple memory aid that you can use to determine whether it is the correct time to order chocolate dishes: any month whose name contains the letter A, E, or U is the proper time for chocolate."

*-S. Boynton*

"One filled with joy preaches without preaching."

*-Mother Teresa*





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