

Chocolate remains an ever popular dessert, and it's versatility makes it great in cakes, cookies, brownies, sauces, and more!

AA Gifts & Baskets has a wide range chocolate gifts for their every indulgence. From Godiva and Ghirardelli, to fine Belgian and Swiss chocolate, we've got plenty to make them smile! We make gift giving easy!

Chocolate is Fattening But Worth It!

The Aztecs were credited with the discovery of chocolate. The Olmec Indians of South and Central America, ancestors of the Aztecs, were the first known to use the fruit of the cacao tree. Mayans first created a beverage made by roasting and pounding the raw cacao beans with maize and Capsicum peppers and letting the mixture ferment. Cacao is the Mayan word meaning "God Food."



The Aztecs could not cultivate the cacao tree, as they existed at a much higher altitude where the climate was not suitable. They acquired the beans through trade - and war. The Aztecs used cacao beans for religious services, gifts and even as currency.

The Aztecs created their own beverage by roasting the beans and grounding them into a paste. They mixed them with water and maize flavored with chilies. It was called xocolatl (pronounced "shoco-latl").

In 1519 AD, Montezuma introduced Spanish explorer Hernan Cortéz, to the drink. Finding the name hard to pronounce, he called it Chocolat - which was later changed to Chocolate. Montezuma, who valued chocolate more than gold or silver, said of it, "The divine drink, which builds up resistance and fights fatigue. A cup of this precious drink permits a man to walk for a whole day without food."

Check out more great articles on gift giving on our [Gift Blog](#)

- [Gifts](#)
- [Baby](#)
- [Chocolate](#)
- [Corporate](#)
- [Kids](#)
- [Sympathy](#)

Chocolate has long been thought to help improve libido and was given as an offering by the Aztecs to the God of Fertility. Casanova was known to take a cup of cocoa before bed as an aphrodisiac. Science has proven that there are valid reasons for these claims. The following



"Online shopping is a diamond in the rough. The longer someone has been online is one of the best predictors of whether they'll shop online or not."

Still, online retail sales figures add up to only a fraction of figures for offline sales. This year, analysts expect online figures to reach just 3 percent of the \$217.4 billion seen in offline sales, according to the National Retail Federation. Online figures are up about 1 percentage point from last year, compared with an expected increase of about 5.7 percent in offline sales, according to the NRF.

[AA Gifts and Baskets](#) provides gift bargains in all our articles and newsletters featured in topic categories:

New Gift Ideas

- [Wedding Gift Baskets](#)
- [Thank You Gift Baskets](#)
- [Sympathy Gift Baskets](#)
- [Housewarming Gifts](#)
- [Get Well Gifts](#)
- [Congratulations Gifts](#)
- [Birthday Gift Baskets](#)
- [Baby Gift Baskets](#)
- [Anniversary Gift Baskets](#)
- [Kids Gift Ideas](#)
- [Gifts for Women](#)
- [Gifts for Men](#)
- [Candy Bouquets](#)
- [Chocolate Gifts](#)
- [Cheesecakes](#)
- [Gourmet Gifts](#)
- [Corporate Gift Baskets](#)
- [Coffee & Tea Baskets](#)
- [Spa Gift Baskets](#)
- [Golf Gift Baskets](#)
- [Popcorn Gift Tins](#)
- [Fruit & Nut Gifts](#)

elements support this theory:

Chocolate Treasures Gift Chest



Our copper colored gift chest reveals a treasure trove of chocolate fantasy. It's practically bursting with Godiva Chocolates, Chocolate-Dipped Cherries, Lindt White Chocolates, French Chocolate Truffles, Assorted Belgian Chocolates, Butter Almond Chocolate Toffee, Chocolate Seashells, Pecan Caramel Chew, Belgian Dark Chocolate, Rademaker Cappuccino Sticks, Chocolate Cashews, Hazelnut Chocolate, Belarus Chocolate Rocher, Chocolate Pretzel, and foil-wrapped Chocolate Leaves.

Price: \$ 65.00

[Buy Now](#)

- **Phenyl ethylamine** - is similar to an amphetamine, which raises blood pressure and blood glucose levels and gives a person a natural high.
- The amino acid, **Tryptophan**, also contained in chocolate is the same thing that is in turkey. It helps the body produce the B-vitamin Niacin, which in turn, produces a calming agent in the brain known to play a role in sleep. Consuming chocolate also produces endorphins.
- **Endorphins** are a group of substances formed within the body that naturally relieve pain. Their chemical structure is similar to morphine. They have an analgesic affect and are thought to play a part in controlling the body's response to stress and determining mood.
- Another chemical in chocolate, **Anamide**, targets the same cell membrane receptors as the active ingredient in marijuana and hashish. Experiments have shown that this chemical plays important roles in the regulation of mood, memory, and appetite and pain perception.
- And lastly, chocolate contains **caffeine**. Most of us are aware of the affects of caffeine on our bodies. At moderate levels, caffeine can cause pleasant effects with improved attention and concentration.

So, the next time you're feeling stressed but don't want to make it worse by eating, consider a chocolate bar! It may very well be better than "an apple a day", and in any case, it certainly tastes better!