

Chocaholics!

Cacao trees sprout cacao pods directly from their trunks. The pods are then opened to reveal the cacao beans inside. The Maya were using these beans to make a chocolatey drink from as far back as the fourth century AD. However, it was not the sweet, chocolately flavour we crave today, but a more bitter tasting version, often laced with chilli or vanilla and other spices.



The drink was enjoyed by the rich and noble members of society, and the cacao beans were highly valued. They were even used as a form of currency later on in Maya history.

The Maya word for chocolate is Kakaw.



The Maya used chocolate in religious ceremonies, and they also mixed them with herbs to make medicines.