Contents

List of Illustrations	ix
Preface	X
Introduction	3
1 Pre-Columbian Conceptions of Chocolate	8
2 Encountering Chocolate: What Is It Good For?	22
3 Chocolate-Covered Commerce: How Chocolate Came into Popularity in the Old World	43
4 Chocolate in the Church: Ecclesiastical Debates on Chocolate and Fasting	80
5 Chocolate: A Prescription for Health?	106
6 Sinfully Delicious: The Darker Side of Chocolate	132
7 Conclusion	159
Epilogue: Chocolate Then, Chocolate Now	165
Appendices – Chocolate in the Early Modern Imagination	169
Notes	177
Works Cited	193
Index	207

