

guilty pleasure

Decadent yet desirable,
dark chocolate has
come into its own

BY JANE HILL | PHOTO BY STEVE REED

It has been called 'the food of the gods' for good reason: A mouthful of the velvety confection really is almost as good as sex. Mercifully, science now supports nibbling a few morsels for better health, meaning this addictive indulgence is no longer a mortal sin.