

Cacao pod revealing seeds

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A hand holds a cacao pod that's been picked from a tree in Barlovento, Venezuela. Some of the pod's flesh has been peeled away to reveal the white seeds inside. The inside of the cacao pod contains 20-60 seeds that are moist and fleshy and have a sweet taste. These seeds (also known as "cocoa beans") will be fermented, dried in the sun, roasted, peeled, and ground to make cocoa.



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