

# Good Egg

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CHOCOLATE THAT HEALS, AND IT'S ALL FOR A GOOD CAUSE? COUNT US IN.

**A** CHOCOLATE ROBIN'S EGG FROM FLOURISH  
Chocolate is not so much a dessert as it is an experience. Open the box—in its eponymous shade of blue—and you find an assortment of small eggs in an explosion of bespeckled iridescence and color. At first glance, you are certain that these eggs are not edible—let alone made of chocolate. They



COURTESY FLOURISH CHOCOLATE

look like small jewels, or works of art fit for display. When you turn one over in your hand, the egg shimmers and changes colors. You take a hesitant bite: The first notes are rich flavors of dark chocolate that soon give way to white chocolate, saffron and turmeric, a combination of orange and ginger undertones. It's unlike any chocolate you've tasted before.

Beyond the unique flavor and beautiful appearance of Flourish's Robin's Egg chocolates is an even more unique and beautiful benefit: Each egg—in flavors like pomegranate, salted walnut, ginger, watermelon, and saffron—is packed with cancer-fighting ingredients.

"Cancer fighting foods aren't a big mystery, but I wanted to make them as a treat," says **Holly Peterson**, *UC Davis*, founder of Flourish Chocolate. "I don't think of food as just medicine. I think of it as beauty and love on a plate to make you feel better even if you do have a life-threatening illness."

At UC Davis, Holly created her own major, studying wine development, communications, food science and marketing. After graduation, she moved to France and took a position as an interpreter at the famed La Varenne culinary school in Paris. In exchange, Holly was allowed to attend the school's night and weekend classes. Among other skills, she learned how to craft pastries, how to prepare classic French dishes, and how to temper chocolates by hand.

Several years later, while planning the menu for a V Foundation for Cancer Research event honoring *Good Morning America's* Robin Roberts, Holly drew on the chocolate-tempering skills she had honed in Paris. "I kept thinking about Robin Roberts, and I thought I could do a Robin's egg," she says. "And then my brain



turned to the cancer-fighting ingredients I could use. That was the first time I served them."

The eggs were a hit, and production of Robin's Egg chocolates, which grew from one flavor into nine, moved to its own kitchen. Although a machine now tempers the chocolate, each one undergoes a seven-step process, including hand painting. "I don't think there's a more complicated chocolate," Holly says.

Holly donates a portion of the profits from Robin's Egg chocolates to the V Foundation, and to culinary cancer research at the American Institute of Cancer Research.

Holly hopes the chocolates provide "a sweet spot" for those facing challenges like cancer. At

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the same time, she hopes the money she donates helps the research into the food-cancer connection.

"Granted, one little chocolate isn't going to make you not have cancer, but more and more a lot of these chocolates go to cancer patients," Holly says. "The love notes we get from people are so great. Not only do I want people to like them and be comforted and happy while having them, but it would be great to have a little chocolate make an impact in culinary research."

—By **Lucy First**, DePauw

Left: Flourish's iridescent chocolate eggs are handmade in Napa Valley; Top: Robin's Egg chocolates were designed with TV broadcaster Robin Roberts in mind.