



50 Delicious Dessert Recipes

Nikol Vega Canales

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Dessert is a typically sweet course that concludes an evening meal. The course usually consists of sweet foods, but may include other items.

In world cultures there are a wide variety of desserts including cakes, tarts, cookies, biscuits, gelatins, pastries, ice creams, pies, puddings, custards, sweet soups and candies. Fruit is also commonly found in dessert courses because of its naturally occurring sweetness. Many different cultures have their own variations of similar desserts around the world, such as in Russia, where many breakfast foods such as blint, oladi, and syrniki can be served with honey and jam to make them popular as desserts. The loosely defined course called dessert can apply to many foods.



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