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Dessert (/ d ɛˈz ɜːt /) is a course that concludes a meal, often an evening meal. The course usually consists of sweet foods, such as confections dishes or fruit, and possibly a beverage such as dessert wine or liqueur, but in America it may include coffee, cheeses, nuts, or other savory items regarded as a separate course elsewhere. In some parts of the world, such as much of central ...

Dessert - Wikipedia

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No matter how stuffed you are after the main course you always have room for a little dessert. Here's a scientific explanation for the phenomenon some people call the "dessert stomach".

Why you always have room for dessert | ScienceNordic

Pavlova is a meringue-based cake named after the Russian ballerina Anna Pavlova. It is a meringue dessert with a crisp crust and soft, light inside, usually topped with fruit and whipped cream. The name is pronounced / p ɒˈl ɒv ɪ ˈv ɪ /, or like the name of the dancer, which was / ɛˈp ɪˈv ɪ /.. The dessert is believed to have been created in honour of the dancer either during ...

Pavlova (cake) - Wikipedia

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Hidden in Plain Sight Added sugar is hiding in 74% of packaged foods. We tend to think that added sugar is mainly found in desserts like cookies and cakes, but it's also found in many savory foods, such as bread and pasta sauce. And some foods promoted as "natural" or "healthy" are laden with added sugars, compounding the confusion. In fact, manufacturers add sugar to 74% of packaged foods sold ...

SugarScience.UCSF.edu | Hidden in Plain Sight

better from a health standpoint, enjoy Kale and other vegetables from the cruciferous vegetable group 4-5 times per week, and increase your serving size to 2 cups.

kale - WHFoods

THARP & YOUNG "On Ice Cream" is a series of technical short courses, product clinics, and formulation and case study workshops that focus on current and emerging ice cream and related frozen dessert technologies. Practical aspects of formulation and manufacturing are stressed. Over 75 years of combined experience are leveraged.

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