

## **Divine Desserts**

Do you love desserts? People in the United States indulge every October 14th on National Dessert Day! This day provides everyone with the perfect excuse to let our sweet tooth take over.

The origin of the word dessert comes from the French word, *desservir*. *Desservir* means “to clear the table.” Traditionally, dessert is served at the end of a meal when the dishes have been cleared. In printed history, the first reference to “dessert” is found in the 1600s; however desserts themselves existed far before they had a proper name for them.

Fruits and honey are the first natural sweeteners used. In ancient times, honey and dried fruit were considered delicacies suited as offerings for their gods. Once sugar was introduced, many new desserts were developed. As a result, there are now countless types of desserts, including foods such as bars, cakes, candy, cobblers, cookies, crisps, cupcakes, custards, donuts, gelatins, ice cream, mousse, pastries, pies, popsicles, puddings, shortcake, sweet soups, and tarts.

Many cultures have different variations of dessert, but not all cultures have the tradition of ending a meal with a dessert. In much of central and western Africa and most parts of China, there is no tradition of a dessert course to conclude a meal.

During the Industrial Revolution, many foods, including desserts, were mass-produced. Desserts became processed, canned, and frozen. Desserts became more convenient, with no home cooking required.

Surprisingly, only eight states have an official dessert (along with 15 that have recognized state cookies, state candies, and other dessert subcategories). While not all 50 states have an official state dessert, each state is at least known for something sweet.

The internet has several iconic desserts listed for Wyoming. One is truffles, originally created by Tim Kellogg to help fund his love of rodeo and expenses. Kellogg’s store, Meeteetse Chocolatier is now well-known and loved across the nation.

Another dessert always associated with Wyoming is huckleberry ice cream. Huckleberries are native to Wyoming. The berries are small and round and look like blueberries. The flavor is a little tarter than blueberries, with an intense blueberry flavor. Huckleberries are used to create jams, jellies, pies, taffy, and even frozen treats.

Cowboy Cookies are another Wyoming dessert known and loved by many. Cowboy cookies are oatmeal cookies with pecans, chocolate, and coconut. They are the perfect combination of chewy, soft, crunchy, and chocolatey.

In Wyoming, rhubarb doesn’t stand alone, however. It’s often combined with apples, blueberries, strawberries, raspberries, or custard to produce delicious pies in the spring. Because rhubarb is a cool-season crop, it’s popular among Wyoming gardeners.

Hands up if you have a sweet tooth? Me, too. If you’re a sweet-craver, don’t fret! You can enjoy sweets in moderation as part of a healthy lifestyle. Eating dessert in moderation would allow you to have small portions a couple of times each week. Total deprivation is not a healthy way to

embrace a lifestyle with a good nutritional plan. Be sure to create a plan you can live with that allows you to indulge in small portions of your favorite treats once in awhile.

A great dessert can make even the most “ordinary” of days a memorable experience! This is an excellent day to eat dessert first! Whether you go out to your favorite bakery or whip up something delicious at home, share this celebration with others. I hope you have a sweet day and even sweeter desserts!

<https://meeteetsechocolatier.com>; <https://nationaldaycalendar.com>;  
<https://www.tasteofhome.com>