

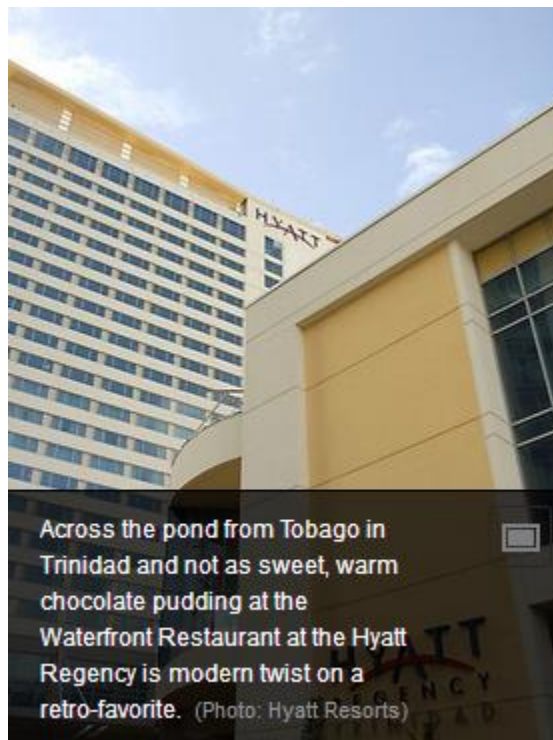
Bite into the best desserts in the Caribbean

Melanie Reffes, Special for USA TODAY 11:33 p.m. EDT May 8, 2014

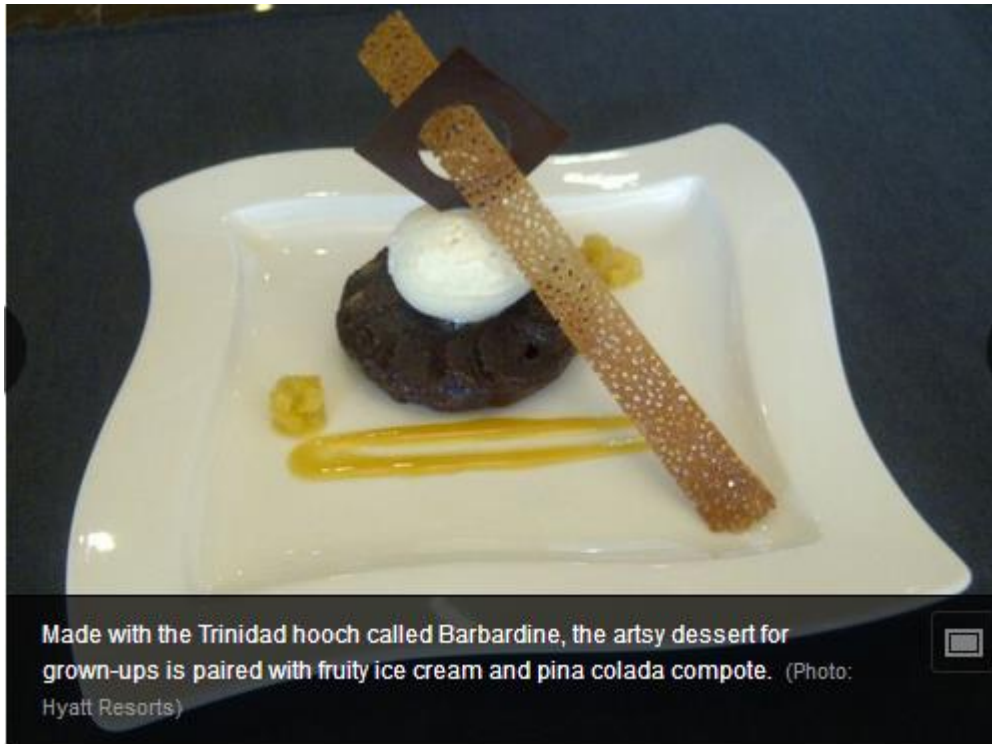
Guilty pleasures are as much a part of a Caribbean vacation as a day in a swanky spa and a suite in a spacious seaside resort. If only for a week, ditch the diet and dive into our decadent dessert suggestions. They're sure to please even the pickiest dessert diva and everyone else with an appetite for the sweet stuff.

Spoonful of sugar: Tobago and Trinidad

For those with sweet but not sensitive teeth, Bene Balls (also made in sticks and squares) are sticky bites of molasses, brown sugar and sesame seeds. You can find them sold in corner bakeries and at seaside stalls (note to connoisseurs: the ones on Store Bay Beach are particularly good). The crunchy jawbreakers — named for an African word that means 'sesame' — are an acquired taste, but they're a popular stowaway with tourists for a sugar hit on the flight home. visittobago.gov. Across the pond in Trinidad and not as sweet, warm chocolate pudding at the Waterfront Restaurant at the Hyatt Regency is modern twist on a retro favorite. Made with the island hooch called Barbardine, the artsy dessert for grown-ups is paired with fruity ice cream and piña colada compote. trinidad.hyatt.com



Across the pond from Tobago in Trinidad and not as sweet, warm chocolate pudding at the Waterfront Restaurant at the Hyatt Regency is modern twist on a retro-favorite. (Photo: Hyatt Resorts)



Made with the Trinidad hooch called Barbardine, the artsy dessert for grown-ups is paired with fruity ice cream and pina colada compote. (Photo: Hyatt Resorts)

<http://www.usatoday.com/story/experience/caribbean/best-of-caribbean/2014/05/08/best-caribbean-desserts/8866165/>