

Wagashi : Traditional Japanese Confections



Anmitsu

Anmitsu is a traditional Japanese treat usually eaten as a snack between meals. As you can see in the photo, the main component is *an*, a sweet bean paste made from adzuki beans, accompanied by jelly cubes, ice cream, fresh fruit, and so on. The result is a refreshing bowl of goodness. This makes *anmitsu* popular among Japanese people of all ages and from all walks of life. Be sure to give it a try when you visit Japan—we're sure you'll love it too.

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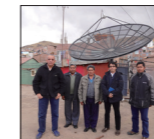


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