

America's Favorite Desserts



Making this ice cream and sherbet dessert is as easy as pie.

(NAPSA)—When it comes to desserts, ice cream takes the cake. In fact, the U.S. leads the world, averaging over 23 quarts of ice cream and other frozen treats eaten per person each year. The most popular flavors are vanilla, chocolate, butter pecan, strawberry and Neapolitan.

There's no better time to enjoy these tasty treats than when temperatures begin to soar. It's also time for the annual Summer Favorites Ice Cream & Novelties Promotion, sponsored by the National Frozen & Refrigerated Foods Association (NFRA).

To help understand some of the terminology in the ice cream aisles, the U.S. Food and Drug Administration and NFRA explain:

- Ice cream is a mixture of dairy products, containing at least 10 percent milk fat.

- "Reduced fat" ice cream contains at least 25 percent less total fat than regular ice cream.

- "Light" ice cream contains at least 50 percent less total fat or 33 percent fewer calories than regular ice cream.

- "Low-fat" ice cream contains a maximum of three grams of total fat per serving ($\frac{1}{2}$ cup).

- "Non-fat" ice cream has under 0.5 gram of total fat per serving.

No matter what's your favorite, here's a dessert likely to delight:

Scrumptious Ice Cream Pie

- 1 premade cookie pie crust**
- 1 qt. vanilla ice cream or frozen yogurt, softened**
- 1 qt. raspberry sherbet, softened**
- $\frac{3}{8}$ cup fudge topping**
- $\frac{1}{2}$ cup frozen raspberries, thawed**

Spread half ice cream, then half fudge in bottom of crust—freeze until firm. Spread half raspberry sherbet—again freeze. Spread remaining vanilla, leaving center open. Scoop remaining sherbet into balls and place in center of pie. Freeze until firm. To serve: place pie in refrigerator for 20-30 minutes, then drizzle with remaining fudge and raspberries.

To play NFRA's Summer Favorites Online Instant Win Game, visit www.EasyHomeMeals.com.