

Ice Cream Facts And Fancies

Frozen Dessert Delights

(NAPSA)—If your family is like most, you really love ice cream and novelties—98 percent of all U.S. households purchase these frozen delights. Here are a few more cool facts:

- America leads the world in ice cream consumption, averaging 48 pints per person, per year and over 1 billion popsicles.

- This country's favorite ice cream flavors are vanilla, chocolate, butter pecan, strawberry and Neapolitan; the most popular popsicles are cherry, orange and grape.

- The experts at the National Frozen & Refrigerated Foods Association (NFRA) say you should make the ice cream aisle your last stop, keep your frozen purchases together in the cart and pack them in an additional paper bag for the ride home.

- The U.S. Food and Drug Administration defines ice cream as a mixture of dairy products containing at least 10 percent milk fat. "Reduced fat" ice cream has at least 25 percent less total fat than ice cream. "Light" ice cream has at least 50 percent less total fat or 33 percent fewer calories than ice cream. "Low-fat" ice cream has no more than three grams of total fat per ½ cup serving, while "nonfat" ice cream contains less than 0.5 grams of total fat per serving.

No matter which you prefer, this dessert should delight:

Mint Ice Cream Brownie Delight

- 1 pkg. fudge brownie mix, family size**
- ½ gallon mint chocolate chip ice cream**
- 8 oz. carton whipped topping**



Double the delight of family and friends when you serve this delicious brownie and ice cream dessert.

- 12 maraschino cherries**
- 1 cup whipping cream**
- ½ cup light corn syrup**
- 6 oz. semisweet chocolate chips**
- 6 oz. bittersweet or dark chocolate chips**

Prepare, bake and cool brownies according to package directions. Cut into 12 servings. For fudge sauce, bring whipping cream and corn syrup to simmer in medium saucepan. Remove from heat; add chocolate chips; stir until smooth. To serve, start with ice cream in bowl, top with brownie, a smaller scoop of ice cream and drizzle with warm fudge sauce. Add a dollop of whipped topping and garnish with a cherry. Serves 12.

You can find additional recipes and tips and a chance to win a weekly coupon giveaway at www.EasyHomeMeals.com and EasyHomeMeals on Facebook. You'll find special deals on ice cream and novelties at the grocery store during the annual NFRA June/July Summer Favorites promotion.