

Keeping It Cool With Ice Cream



Strawberry, vanilla and chocolate are America's favorite flavors.

(NAPSA)—Here's the scoop on ice cream: Its history goes back centuries to when Alexander the Great enjoyed snow and ice flavored with honey and nectar. Historians estimate that ice cream as we know it evolved in Europe during the 16th century and made its first appearance in America during the early 1700s.

Today, Americans indulge more than any nationality in the world, averaging a whopping 23 quarts of ice cream and other frozen treats per person, per year. The most popular flavors are vanilla, chocolate, strawberry, butter pecan and Neapolitan.

The National Frozen & Refrigerated Foods Association (NFRA) celebrates this love for cool treats with its annual Summer Favorites Ice Cream & Novelties promotion. They offer these suggestions for shopping, handling and storing to keep ice cream in its most delectable form:

- Make the ice cream aisle your last stop; keep your frozen purchases in a separate section of the cart.
- For better insulation, pack your ice cream in an additional brown paper bag for the ride home.

- Don't allow ice cream to repeatedly soften and refreeze.

- Keep lids very tight; don't store frozen treats on freezer doors where temperatures may fluctuate more.

Try this all-American treat in your favorite flavor:

Old Fashioned Milk Shakes

Chocolate:

- 2 cups chocolate ice cream**
- 1 cup milk**
- 4 tablespoons chocolate syrup**

Vanilla:

- 2 cups vanilla ice cream**
- 1 cup milk**
- 1 teaspoon vanilla extract**

Strawberry:

- 2 cups strawberry ice cream**
- 1 cup milk**
- 1 cup frozen strawberries**

Put ingredients in a blender. Mix until smooth. Each serves 2. Enjoy!

You can also play the Summer Favorites Online Instant Win Game. Visit www.EasyHomeMeals.com for details.