

Here's The Scoop On Summer Favorites



A classic summer indulgence.

(NAPSA)—I scream, you scream, we all scream for ice cream and novelties during the summer months. As temperatures soar, there's no better time to enjoy these summer favorites.

The origins of ice cream go back centuries: 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.

Americans today indulge more than any other nationality in the world, averaging a whopping 45 pints of ice cream per person, per year. America's top five favorite flavors are vanilla, chocolate, Neapolitan, butter pecan and chocolate chip.

The novelties industry originated in 1905 with the accidental discovery of the popsicle: young Frank Epperson of San Francisco left a drink with a stirring stick in it on his porch during a very cold night. Today there are over 1 billion popsicles eaten in the U.S. every year, with orange the favorite flavor.

Ice cream itself may not have been invented in America, but the Banana Split is definitely American by birth. Like no other dessert,

the Banana Split is a reflection of America's creativity, imagination, passion for indulgence...and love of ice cream.

The Classic Banana Split

2 bananas, halved lengthwise
Chocolate, vanilla and strawberry ice cream
Fudge and caramel sauces
Whipped cream, cherries and nuts

Place bananas in oval dish, cut side up. Arrange 1 large scoop each of vanilla, chocolate and strawberry ice cream on top of the bananas. Drizzle fudge sauce over the chocolate and strawberry ice cream and caramel sauce over the vanilla. Sprinkle nuts, add whipped cream, and garnish with cherries. Makes 1 banana split.

The National Frozen & Refrigerated Foods Association (NFRA) is celebrating America's love affair with ice cream and novelties with a Summer Favorites promotion. Look for special prices and promotions on your favorite treats. To enter NFRA's Summer Favorites Sweepstakes and for details and rules, visit www.BringUsToYourTable.com.