

UNDERSTANDING YOURSELF

There's Nothing Plain About Vanilla Lovers

(NAPSA)—If you're a vanilla ice cream lover and have a meltdown every time someone calls your favorite flavor plain or humdrum, take heart. Experts say there is more to vanilla than meets the taste buds.

In fact, the vanilla family includes a wide variety of flavors—from French Vanilla to Vanilla Bean and everything in between.

Often considered ordinary, it might surprise people to know that vanilla ice cream is consistently the top-selling ice cream flavor across America. According to a new “vanilla-ology” study conducted for Dreyer's/Edy's Grand Ice Cream by the Smell & Taste Treatment and Research Foundation in Chicago, the type of vanilla you crave can reveal some interesting insights into your personality and potential romantic compatibility.

Below are a few of the sweetest highlights from the study:

Vanilla

Those who prefer Vanilla ice cream are said to be:

- dapper and debonair,
- natural actors who enjoy being the center of attention,
- cravers of novelty in all their pursuits.

Those who like their vanilla straight up share a lot in common with Edie Britt in “Desperate Housewives” or Lenny Kravitz. They are most compatible with others who also prefer Vanilla.

Vanilla Bean

The Vanilla Bean lover is:

- detail oriented and conscientious almost to a fault,
- a “take charge” sort of person,



Experts say if you crave vanilla ice cream, you may be a dramatic risk taker.

- ethical, moral and of the highest integrity, with a clear sense of right and wrong.

Vanilla Bean aficionados bring to mind the character Monica from “Friends” and are most romantically compatible with those who prefer either Vanilla or Vanilla Bean ice cream.

Double Vanilla

Fans of this new flavor are described as:

- agreeable, easygoing and well-adjusted,
 - patient, understanding and romantic. They care about the feelings of others above their own.
- Those who prefer this flavor are the universal romantic, compatible with everyone.

French Vanilla

Experts say this is the flavor for:

- team players,
- those who work behind the scenes and do the work it takes for the group to succeed, without

craving the spotlight or attention of center stage.

The French Vanilla lover is a loving and supportive spouse who functions best in familiar, safe and secure relationships. Such purists might evoke the character Bree Van De Kamp from “Desperate Housewives” and are most compatible with others who also prefer French Vanilla.

“Next time you are in the freezer aisle scooping up a carton of vanilla, don't forget to see who is scooping up the vanilla carton next to you,” said Alan R. Hirsch, M.D., neurological director of the Smell & Taste Treatment and Research Foundation in Chicago. “People hoping to walk down the aisle may find the freezer aisle offers the sweetest path to finding their perfect mate.”

Craving a carton of vanilla, but not sure what flavor will best tempt your taste buds while complementing your style? Visit www.icecream.com and take the vanilla-ology personality test. This quiz can reveal the vanilla ice cream flavor that best suits you—and your significant other.

Banana Split-on-a-Stick

Even if you are “split” on which type of vanilla you are, this is a treat that every vanilla lover will love:

In a paper cup, tightly pack layers of any vanilla flavor Dreyer's/Edy's Grand Ice Cream, fudge sauce, sliced banana, strawberry sauce and toasted sliced almonds (optional). Insert popsicle stick in the center of the mixture and freeze until firm. When frozen, peel off paper cup to serve as a handheld, walkaway treat.