

# Festive New Holiday Ice Cream Flavors “Lighten” Up Your Table

(NAPSA)—’Tis the season to indulge without feeling guilty. You’ve been on your best behavior all year and now you want to end 2004 with a bang, not a bulge! When entertaining this holiday season, treat your family and guests to elegant and refreshing desserts that lighten up on excess fat and calories without sacrificing on taste.

Just in time for the holidays, Dreyer’s/Edy’s Slow Churned™ Grand Light® Peppermint Ice Cream provides the ideal dessert solution for hosts and hostesses who are looking to please both their guests’ palates and waistlines. Best of all, the limited edition flavor has half the fat and 30 percent fewer calories than regular premium ice cream—and it is so rich and creamy that most guests won’t even suspect that it’s light.

Looking for that perfect holiday snack that’s big on taste but low in effort? Put a twinkle in the kids’ eyes by involving them in this easy-to-make wintry recipe that can be made ahead of time.

## PEPPERMINT HOLIDAY POPS

**Prep time: 15 minutes**

**Cook time: 15 minutes**

### Cooking spray

**1 package fudge brownie or white cake mix**

**Vegetable oil or butter, water and eggs, as called for in package directions**

**½ carton Dreyer’s/Edy’s Slow Churned Grand Light Peppermint Ice Cream**

**8 popsicle sticks or wooden tongue depressors**

**Heat oven to 350°F. Spray bottoms of two 12 x 9 x 2-inch baking pans with cooking spray; line pans with parch-**



**Peppermint Holiday Pops are big on taste for kids and adults alike, but small on calories.**

**ment or waxed paper, leaving paper overhanging on two long sides. Mix brownie or cake batter according to package directions. Divide evenly between prepared pans, spreading batter in thin, even layer. Bake 15 minutes or until toothpick inserted in center comes out clean; cool completely. Remove from pans, carefully inverting onto work surface; peel off paper. With 2½-inch round cutter, cut into 16 circles. Scoop ¼ cup frozen ice cream onto one circle; press one popsicle stick into ice cream to make handle. Place one circle on top of ice cream; press gently to make sandwich. Repeat with remaining ingredients to make 8 pops. Freeze at least 4 hours or until firm. Makes 8 pops.**

This holiday season, deck the halls and dish out the ice cream! For more delectably light holiday dessert ideas, as well as information on other limited edition holiday flavors from Dreyer’s/Edy’s, log on to [www.icecream.com](http://www.icecream.com).

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*Editor’s Note: The ice cream mentioned in this release is sold under the Dreyer’s brand name throughout the western states and Texas, and under the Edy’s brand name throughout the remainder of the United States.*