

# Cool Down With Hazelnut Gelato

(NAPSA)—It's an age-old problem, how to keep your temperature down when the sun is high in the sky. Bottom line: Drink plenty of water, find some cool spots, eat chilled foods, and you'll be sure to enjoy the summer without breaking a sweat! Here are some tips for keeping cool and enjoying some of the summer's best treats, like this tasty hazelnut gelato.

## Icy beverages

- Keep water chilled. Having it on hand will encourage you to drink more water. Dehydration is common in the summer months.

- Any coffee drink can be served over ice. Get a jolt of caffeine along with an icy treat.

- Substitute lemonade for soda. It's a terrific summer drink.

## Cool activities

- Take the kids to the water park. They'll be happy and you'll get some time with a good book.

- Try hiking. Getting into the great outdoors is good for your health. With many hiking trails shaded by trees, it's a great place to beat the heat.

## Chilly foods

- Replace cookies with chilled fruit. Grapes are great eaten straight from the freezer.

- For all those summer birthday celebrations, try making an ice cream cake. It'll cool you down and the kids will be thrilled.

- Try this delectable hazelnut gelato, a kid-friendly treat the whole family can help make. You might want to double the recipe and keep some on hand for impromptu visitors.

## HAZELNUT GELATO

- 3 cups hazelnuts, toasted, skin removed, diced**
- 1¼ cups brown sugar**
- 1½ cups whipping cream, divided**
- 1½ cups whole milk**
- 4 egg yolks, beaten**
- 1 tablespoon vanilla**



Here's a scoop: hazelnut gelato is a cool dessert to serve in warm weather.

**Process hazelnuts, sugar and 1/2 cup cream in food processor to a shiny, liquid paste.**

**Bring milk and remaining cream to boil in medium saucepan. Remove from heat. Stir in hazelnut paste and egg yolks until blended. Cool.**

**Place sieve over deep bowl and line with double layer of cheesecloth. Pour cooled hazelnut cream mixture into sieve. Gather cheesecloth and squeeze cream into bowl. Stir in vanilla. Reserve mixture in cheesecloth for another use.\***

**Transfer cream to ice cream machine and follow manufacturer's directions. Transfer to container, cover and freeze.**

**Makes eight ½-cup servings.**

**Nutritional Analysis Per Serving: Calories 350 (51% Calories from Fat), Protein 3g, Carbohydrate 39g, Fiber 0g, Fat 20g, Sat. Fat 11g, Cholesterol 175 mg, Sodium 55 mg.**

\* You will have about 3 cups of chopped hazelnuts in the cheesecloth. These can be frozen in 1/2-cup quantities and added to graham cracker crusts, stirred into yogurt, part mixed with flour for cookies or used in place of bread crumbs in burgers and meatloaf.