

Minty Holiday Desserts Offer Healthier Entertaining Options

(NAPSA)—The holidays bring more than stockings filled with goodies. Days can be filled with school events, shopping, decorating and party menu planning. Yet even the most experienced hostess may need ideas for delicious, make-ahead desserts that won't be too filling. Fortunately, creating scrumptious treats that taste indulgent but are easy on the waistline is simple with the right recipes.

Create delicious desserts with the refreshing holiday flavor of peppermint. And when made with Dreyer's/Edy's Slow Churned Peppermint Light Ice Cream, they have a third fewer calories than those made with full-fat mint ice cream but also a rich creamy texture not often found in light ice cream.

For example, Peppermint Ice Cream Lollipops are a jolly treat to serve Santa's elves of any age. They feature the favorite combination of ice cream and cake with a candy cane handle and can be made ahead, leaving you a little more time for holiday fun.



Jolly holiday lollipops are a minty treat for Santa's elves of any age.

Peppermint Ice Cream Lollipops

(Makes 12-14 servings)

- 1 box yellow cake mix
- Powdered sugar
- 2 cartons Dreyer's/Edy's Slow Churned Peppermint Light Ice Cream
- Small candy canes or striped sugar sticks

Preheat oven to 350° F. Line two 10x15-inch rimmed baking pans (jelly-roll pans) with parchment or waxed paper. Coat with cooking spray. Prepare cake mix according to package directions. Divide batter between both prepared pans. Bake 12 minutes until golden brown and top springs back when touched. Remove from oven and sprinkle cake with powdered sugar.

Run a knife around pan to release edges. Place a clean towel over cake and invert pan. Remove pan and paper lining. Starting at long edge of cake, roll up cake and towel. Place cake seam side down on a wire rack to cool. Repeat with second cake.

Soften ice cream at room temperature about 10 minutes. Gently unroll cooled cakes. Scoop about 4 cups of ice cream onto each cake and spread evenly, ¼-inch thick. Reroll cakes without towel. Wrap in plastic and place in freezer until firm, at least 4 hours.

Slice cake 1-inch thick. Cut a slit in side of slices and insert candy canes. Serve immediately or wrap decoratively in plastic, twisting ends like lollipop wrappers. Freeze until ready to serve.



These warm, minty treats are great when the weather is frightful.

Have these ingredients on hand for a quick, creamy, adult dessert in a glass.

Peppermint Ice Cream Espressos

(Makes 2 servings)

- Dreyer's/Edy's Slow Churned Peppermint Light Ice Cream

- 2 servings brewed espresso, about ¼ cup each
- 2 tablespoons Kahlua or amaretto
- Whipped cream

Pour ¼ cup hot or cool espresso into a demitasse cup or aperitif glass. Add Kahlua or amaretto. Add small scoops (about ¼ cup) of peppermint ice cream to espressos. Pipe whipped cream on top and serve immediately.

More Free Recipes

Ice cream lovers can find additional dessert ideas—including recipes made with two other seasonal favorites, eggnog and pumpkin—at icecream.com.