

Fabulous Food

How To Have Ice Cream For Breakfast



Scrumptious strawberry muffins can be made with strawberry ice cream.

(NAPSA)—Few things are better on a crisp fall morning than the aroma of warm muffins or just-made pancakes. When preparing homemade breakfasts this autumn, think beyond traditional recipes. These tips and recipes show how ice cream can be substituted in breakfast fare—bringing excitement to the most important meal of the day, and smiles to all who enjoy.

- Ice cream is a good substitute for liquid in recipes and can be used instead of milk and eggs when making breakfast. Simply heat the ice cream in a microwave for 20 seconds to melt.

- Favorite ice cream flavors can also help you create unique sauces. For example, melting rich chocolate ice cream like Blue Bunny Homemade Chocolate will help you whip up a homemade chocolate ganache. Just add chocolate morsels, heavy cream and ice cream in a sturdy saucepan over low-medium heat. Drizzle the ganache on bananas or crepes.

- For the perfect addition to tropical fruits, use a pure vanilla flavor like Blue Bunny All Natural Vanilla Bean Ice Cream.

Blue Bunny Strawberry Muffins

4 cups Blue Bunny Premium Double Strawberry Ice Cream
¼ cup canola oil
1 egg
1¾ cups all-purpose flour
½ teaspoon salt



Don't let your pancakes fall flat. Liven them up with banana split ice cream.

2 teaspoons baking powder
¼ cup white sugar

Preheat oven to 350°F. Place eight muffin paper liners in a muffin tin. In a small bowl, combine softened ice cream, oil and egg. Beat lightly. In a separate bowl, sift flour, salt, baking powder and sugar. Add wet ingredients to dry ingredients and mix well. Fill muffin cups and bake at 350°F for 20 minutes or until the tops bounce back from the touch. Cool 10 minutes and remove from pans. Makes eight muffins.

Blue Bunny Banana Split Ice Cream Pancakes

1¼ cups Blue Bunny Premium Banana Split Ice Cream, softened
1 medium banana, sliced
1 egg
1 cup original pancake mix
Fresh fruit
Powdered sugar

In a blender container, combine the ice cream, banana and egg; process until well blended. Add pancake mix; process just to combine. Lightly spray large skillet with nonstick cooking spray; heat over medium heat. Ladle batter onto skillet, using a scant ¼ cup of batter for each pancake. Turn when pancakes appear dry around edges and bottoms are golden brown. Serve topped with fresh fruit; sprinkle with powdered sugar. Makes 12 pancakes.