

Dessert Favorites



For a taste sensation, cobble together this ice cream dessert classic.

(NAPS)—Whether it's ice cream, frozen custard, gelato or novelties, America loves frozen desserts. In fact, 98 percent of all U.S. households purchase ice cream. The five most popular flavors are vanilla, chocolate, butter pecan, strawberry and Neapolitan.

If you have wondered what some of the terminology in the ice cream aisles means, the U.S. Food and Drug Administration says:

- "Ice cream" is a mixture of dairy products, containing at least 10 percent milk fat.

- "Reduced fat" ice cream contains at least 25 percent less total fat than ice cream.

- "Light" ice cream contains at least 50 percent less total fat or 33 percent fewer calories than ice cream.

- "Low fat" ice cream contains a maximum of 3 grams of total fat per serving (½ cup).

- "Nonfat" ice cream contains less than 0.5 grams of total fat per serving.

The National Frozen & Refrigerated Foods Association (NFRA) sponsors the annual Summer Favorites promotion in June and July, when you'll find special

deals on ice cream and novelties. You can also play the Summer Favorites Online Instant Win Game. Visit NFRA's Web site, www.EasyHomeMeals.com, for game details, tips and recipes such as this classic dessert:

Blueberry Cobbler à la Mode

½ cup sugar

1 tablespoon cornstarch

4 cups frozen blueberries

2 tablespoons water

½ cup sugar

¾ cup flour

6 tablespoons butter

1 quart vanilla ice cream or frozen yogurt

Mix ½ cup sugar and cornstarch in saucepan; stir in blueberries and water; heat to boiling, stirring constantly; boil and stir for 1 minute. Pour into greased 1½-qt. casserole dish. Mix ½ cup sugar and flour; cut in butter with knife or fork. Sprinkle over blueberry mixture. Bake at 400° F until golden brown, about 15 minutes. Serve warm topped with ice cream. Serves 6.