

During the Summer, We All Scream for Ice Cream

From the Lower East Side to Israel, Getting Creative with the Frozen Treat

RACHEL HARKHAM

Is it possible to have ice cream for breakfast and for it to be good for you too? The Sunshine Morning Shake blends low-fat ice cream with fresh fruit, plain yogurt, honey and flaxseed meal for a sweet and healthful beginning to any summer's day.

Juice of one large orange (1/2 cup)
1 peeled banana, cut into chunks (about 1/2 cup)
2 small scoops low-fat vanilla ice cream (about 1/2 cup)
1/2 cup plain yogurt
1 tablespoon honey (optional)
2 tablespoons flaxseed meal

Place all the ingredients in a blender and pulse until well blended. Makes 2 shakes.

Cookie crumbs, colorful sprinkles, chopped nuts, or crushed candy bars coat cute little ice cream pops for a customized frozen treat every kid will love.

Ingredients

1 cup cookie crumbs, sprinkles, chopped nuts or crushed candy bars
1 pint (2 cups) your favorite ice cream flavor

Line a tray or baking sheet with wax paper. Spread your coating-of-choice in a shallow dish.

Scoop up ice cream into a rounded shape. Gently and quickly shape into a small-sized ball, and then roll and coat evenly with the

prepared topping. Place on wax paper-lined tray and freeze for about an hour. Insert with pop sticks and freeze for another hour.

Enjoy a gooey hot fudge ice cream sundae. Clouds of whipped cream, chopped salted peanuts, sprinkles, and a sweet red cherry on top make it fun, the rich hot fudge sauce makes it delectable.

Hot Fudge Sauce Ingredients

3/4 cup heavy cream
1/2 cup packed brown sugar
3 tablespoons light corn syrup
2 tablespoons butter
1/4 teaspoon salt
1/4 cup cocoa powder
1 teaspoon vanilla extract
1/4 cup semi-sweet chocolate chips

Over medium heat stir together the first six ingredients in a saucepan for about 5 minutes or until it begins to bubble on the sides. Reduce the heat to low and let it simmer for about 10 minutes, stirring often. Remove from heat and mix in vanilla extract and chocolate chips until smooth. Sauce will thicken as it cools.

Cut up a couple of peaches into quarters. Toss in a few additional flavors. Sear on a hot grill and then serve with a scoop or two of vanilla ice cream for a cool grilled dessert.

Ingredients

2 firm-ripe peaches, cut into quarters pits removed
1 teaspoon fresh lemon juice
1 tablespoon brown sugar
1/2 teaspoon vanilla or almond extract
1/4 teaspoon cinnamon
Vanilla ice cream
Chopped almonds or pecan for garnish (optional)

Place peach quarters in a bowl and add lemon juice, brown sugar, vanilla extract, and cinnamon. Toss to coat. Let sit for about 15 minutes. Preheat grill to high. Place peaches on grill skin side up, cook for 3 to 4 minutes making sure they don't burn. Turn over to other fleshy side (still skin side up) and cook for another 2 to 3 minutes. Remove peaches from grill and set out to cool briefly cool on a plate, before serving with vanilla ice cream and chopped nuts.

Remember Chocolate Egg Creams? The classic New York fountain drink gets the ice cream treatment, when a dollop of chocolate or vanilla gets plopped into the chocolate soda for a frothy blast from the past.



Ingredients

2 tablespoons chocolate syrup
1-cup seltzer water
1 large scoop vanilla or chocolate ice cream

In a large drinking glass mix together chocolate syrup and seltzer water. Drop the scoop of ice cream into the chocolate soda. Mix gently.

Espresso-lovers will get a caffeinated kick from an Affogato, a popular Italian dessert which consists of a scoop of ice cream/gelato with a shot of hot espresso poured over the top.

An Israeli-inspired ice cream sundae made with tehina, honey, and chopped pistachio nuts is unexpected but utterly delightful. It's like eating cool and creamy halvah.

Ingredients

1/4 cup tehina, divided
2 tablespoons honey, divided
2 to 3 scoops vanilla ice cream
2 to 3 tablespoons chopped pistachio nuts

Spoon 2 tablespoons tehina into a dessert bowl; add 1 tablespoon of honey, a scoop of ice cream and a sprinkling of pistachios. Repeat with another layer of remaining ingredients.

Make ice cream the subject of your summer art projects. Still life of Sundae, perhaps? Or how about- Ode to a Chocolate Drumstick? Ice Cream delights and captivates the senses, which could provide the perfect inspiration for a work of art or poetry.



Libby

**"Ice cream in my tummy-tum
Ice cream is yummy-yum.
Ice cream. There's so many flavors.
It's so hard to decide which one I
favor."**

-Sammy, 9

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Caleb, 4; Libby, 7; Sammy, 9