



Have you ever wondered why we like ice cream so much? Other than the fact that it is refreshing in the summer and it also gives us a bit of extra energy, there is actually more to this creamy goodness than meets the eye. Unlike everything else in life, ice cream understands your need for individuality. Whether you are a busy ambitious person juggling three jobs or someone taking a break and enjoying the little things in life, there are enough flavours to suit every mood! That might get confusing at times, here's a little a guide to all things ice cream!

THE SCOOP ON ICE-CREAM



ICE CREAM PARLOURS

Fruity flavours: Strawberry, blueberry, cherry, mango and even coconut – these flavours will enhance your summer experience! Light and airy, these are sure to leave a lingering taste in your mouth. Be sure to try the strawberry sherbet from Cream and Fudge, and the cherry mania from Club Gelato. The velvety texture of raspberry and strawberry sorbet from Movenpick is also a summer must-have.

Chocolate flavours: The most popular ice creams are in delicious chocolatey flavours. Whether it is the mouth-watering chocolate fudge ice cream from the largest ice cream brand Baskin-Robbins or the heavenly Swiss chocolate ice cream from its Swiss contender, Movenpick, these flavours are perfect for the cocoa-loving crowd. This summer, be sure to try out the English toffee flavour from New Zealand Natural costing Tk 200 a scoop. Its thick creamy taste will be a treat you won't forget. Also, check out the hazelnut, almond and praline and other nutty flavours which are available in all ice cream parlours.

Coffee flavours: For all those caffeine addicts who like their ice cream slightly bitter, Cream and Fudge offers flavours such as espresso cookie crunch and nutty coffee crunch at Tk 295 which have the combined goodness of coffee and ice cream, mixed with your favourite topping. Also, be sure to try out the cappuccino flavour from Club Gelato, and the espresso croquant from Movenpick.

SOFT ICE CREAM

A rarity in the ice cream scene in Bangladesh, the soft ice cream is quite a treat to the taste buds. Available in BFC and a few other fast food chains, these are only found in vanilla and chocolate flavours.



FROZEN YOGHURTS

When it comes to frozen yoghurts, nothing beats YoBerries. With plenty of flavours and toppings to choose from, they give you the full liberty of making your own favourite frozen yoghurt. You pick fruity flavours such as blueberry and guava and then add fruits on top of it or you can pick chocolatey flavours and top it with chocolates for a delicious snack.

GOLAS

Golas, which is basically crushed ice topped with syrups of a variety of flavours, are a subcontinental favourite. These are street delights that are refreshing and affordable. You can opt for fruity flavours such as lemon, grape, orange or strawberry or you can try the famous cola flavour. These can be found in street carts, or big malls such as Bashundhara City. Summer is never complete without a good gola!

DEPARTMENTAL STORE ICE CREAM

Lollies and popsicles:

Igloo offers iced lollies in two flavours – orange and lemon. These will leave you feeling chilled on a hot summer afternoon and even colour your tongue in fun orange or green. You could try out pop from Bloop, especially the cola flavour. If you are a fan of both lollies and ice cream, you should try out the Shell and Core of Igloo, if you haven't already. This is vanilla ice cream at its "the core", coated with strawberry flavoured lolly, which is "the shell".

Cones and cups:

Bellisimo Perfecto and Igloo Belgian chocolate is a must-have this summer! In classic ice cream flavours topped with nuts and served in a crunchy cone, these are perfect for cravings even when your pocket is relatively empty. These brands also sell ice cream in cups, but with a higher variety of flavours. This summer, try the guava flavour by Bellissimo, which is sure to surprise you with its deliciousness.

Chocbars: A Bangladeshi favourite, Chocbars are basically ice cream with a thin outer shell of either white or milk chocolate. You can try the Chocbars from Igloo, espe-

cially Ego, which tastes brilliant with its nutty outer shell, or you could also try Bloop, Kwality magnum and Zan'Zee.

Family packs: For movie nights with friends or family, the double sundae boxes of Igloo can be a lifesaver, as it has two flavours in each box. Even ice cream has its Deshi twist, and those of you who enjoy Deshi flavours must try the nawabi mithai of Igloo and the Dolce Malai of Bellissimo.

New arrivals: Igloos blueberry yoghurt ice cream is a must have this summer. For all those chocolate lovers out there, there is the butter pecan flavour. Light and airy, these are sure to make your taste buds crave for more!

OTHER WAYS TO EAT ICE CREAM

For those days where all you feel like eating is ice cream, but need something a bit more heavy, eat ice cream with waffles. Yellow Submarine has a variety of waffles snacks which they serve with ice cream. One of their best sellers is the red velvet waffle which is a mixture of cream cheese, red velvet waffles and your favourite ice cream. You can also try their banana split which comes with three scoops of three different ice creams, or go for a nutty waffle, which is served with strawberry ice cream. Nothing beats vanilla ice cream sundae with a brownie on a hot summer evening. You can find this in any dessert shop or you can make it at home by buying your favourite brownie and eating it with your favourite sundae.

So, this summer, beat the heat with the best ice creams!

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LIFE STYLE

