

## You're craving... Ice cream

It's just cruel that bikini season hits right when we're dying for cones and sundaes. Now you can stop breaking a sweat every time the Mister Softee truck rolls by.

By Stephanie Clarke, R.D., and Willow Jarosh, R.D.



**870 calories**  
and 35 grams fat  
(19 g saturated fat) in a restaurant banana split

## Make it Save 711 calories

### Peanut Butter, Chocolate and Banana Fro Yo



At-home ice cream makers are huge counter-space hogs. Good thing you don't need one.

Serves 4

- 2 containers (6 oz each) nonfat vanilla Greek yogurt, divided among ice cube tray sections and frozen
- 2 small ripe bananas, cut into ½-inch pieces and frozen
- 4 tsp natural peanut butter
- 4 tsp mini chocolate chips
- Cinnamon (optional)

In a blender or food processor, blend yogurt cubes and bananas on high, scraping down sides every minute, until mixture holds together, 3 minutes. Add peanut butter; blend on high until mixture is creamy, like soft-serve ice cream. Stir in chips. Serve immediately, sprinkled with cinnamon, if desired.

**THE SKINNY** 159 calories per ½ cup, 4 g fat (1 g saturated), 19 g carbs, 2 g fiber, 10 g protein

## Fake it Save 780 calories



**Dreyer's/Edy's Slow Churned Light Ice Cream Neapolitan** It has 90 calories per ½ cup, so you can add 1 tablespoon chocolate chips and a dollop of whipped cream and *still* chill out for less than 200 calories. Hell, go crazy and put it in a cake cone; it's a measly 17 calories more.

## Take it Save 720 calories



**McDonald's Vanilla Reduced Fat Ice Cream Cone** The Golden Arches isn't known for its ice cream, but perhaps it should be. The smooth soft-serve option tastes decadent, but it cuts 17 g saturated fat and 79 g sugar compared with other restaurant versions. Give it a swirl this summer!

KAT TEUTSCH; FOOD STYLING, JANINE KALESIS; PROP STYLING, KARIN OLSEN; STILL LIFES, CLOCKWISE FROM TOP: PURESTOCK/ALAMY, COURTESY OF EDY'S.