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# Beat the heat with frozen treats

We've got the scoop on Galveston County's best spots for ice cream yogurt and more

By SUE MAYFIELD GEIGER

Correspondent

America loves ice cream, consuming more than any other country in the world. So, it was only fitting that former President Ronald Reagan in 1984 proclaimed July as National Ice Cream Month. The third Sunday of the month, which is July 17 this year, is National Ice Cream Day.

Most of the origins of ice cream remain folklore, but we do know that the Romans used snow from the mountains to freeze drinks and the English were known to freeze cream.

In 1846, Nancy Johnson patented the first hand-cranked freezer. But it would be 1920 before a continuous process freezer was produced.

By the 1930s, ice cream was everywhere. Today, there are hundreds of ice cream flavors to choose from, including cookie dough, peanut brittle to even lobster and bacon.

And along with ever exotic flavors, U.S. consumers also have warmed to frozen yogurt, gelati and sorbets.

Here are just a few area parlors that put a twist on traditional ice cream:

## Ben & Jerry's

4408 Seawall Blvd., Galveston

Cherry Garcia and vanilla are old favorites at this island shop. But new flavor Late Night Snack has everyone talking. Inspired by talk show host Jimmy Fallon and his late night crew, who sang an ode to snacking on Ben & Jerry's, Late Night Snack covers cravings for both salty and sweet. It's made of vanilla ice cream, fudge covered potato chip clusters and salty caramel swirl.

## Rita's Ice Custard Happiness

6026 Seawall Blvd., Galveston.

Italian ice is this shop's signature dish, which is smoother than a snow cone and combines ice with real fresh fruit. Gelati, a layering of Italian ice and creamy old-fashioned frozen custard also is among treats that come in many flavors. Watching your waist? Rita's also offers the Slenderita, a fat-free frozen dessert as rich and creamy as the famous custard.

## Mario's Seawall Italian Restaurant

628 Seawall Blvd., Galveston

This full-service restaurant makes Italian gelato in house and serves it year round. Flavors include original chocolate and vanilla, fruit flavors such as lemon crunch, key lime and pink grapefruit, as well as the more exotic tiramisu, Italian cream cake and red velvet cake. Gelato, the Italian word for "frozen," is composed mainly of milk, sugar, cream, and whatever ingredients the gelato is flavored with. It actually has fewer calories and much less butter fat than ice cream. Prego!

## La King's Confectionery

2323 Strand, Galveston

A 1920s style soda fountain serves malts, shakes, ice cream sodas, sundaes, splits, floats and other fountain treats. La King's serves Purity Ice Cream, which was founded in Galveston in 1889. La King's is frequented by many islanders who remember eating Purity Ice Cream when they were children, conjuring up memories of a bygone era when they were literally "a kid in a candy store." The 150-year-old building is full of arcade machines with a captivating candy counter displaying old-fashioned treats. The antique soda fountain and taffy pulling machine are sights to behold.

## BerryLicious Frozen Yogurt

2800 Marina Bay Drive, League City

Choose from 12 flavors, or mix and match, then pile on the toppings. No-sugar added and low fat versions available as well as sorbets. Try the Key Lime or Mango Tango.

## Chillin'Time

105 Shadwell Lane, Friendswood

With only eight all-natural ingredients at eight calories per ounce, Chillin'Time's "Only 8" yogurt is safe for most diabetics and lactose intolerant individuals. They also offer smoothies, milk shakes, protein shakes and frappés.



(LEFT) Olivia Dillon, left, and Breezi Sanchez serve up Ben and Jerry's ice cream in chocolated-dipped and sprinkled waffle cones at 4408 Seawall in Galveston. (ABOVE) Mark and Esther McKenna opened Rita's Ice Custard Happiness, 6026 Seawall Blvd., in November. The shop serves frozen custards and Italian ices made fresh daily.