

# SUMMER INDULGENCES

ENJOY A GUILT-FREE  
SUMMER WITH

**Sweet  
Freedom**  
NO SUGAR ADDED

What do summer and **Blue Bunny® Sweet Freedom® No Sugar Added Ice Cream** have in common? Both give you permission to have fun. In fact, with less sugar and fewer carbs—and only 160 calories (or less) per serving—this ice cream is an indulgence you can enjoy anytime! How sweet is that?!

- 1 ROCK FANCY FLIP-FLOPS.** Bright or bejeweled twists on this summer classic are perfect for pool parties.
- 2 INDULGE IN A CREAMY FLOAT.** Try diet root beer and **Sweet Freedom® Vanilla Ice Cream** for a guilt-free alternative to the ice cream shop! (Or **Sweet Freedom® Cherry Vanilla Ice Cream** with diet cherry cola.)
- 3 MAKE A "POOL PARTY" MIX.** Summertime songs are the ones we remember most—so put them all together (no pool needed).

**THANKSMAILCARRIER.COM  
BLOGGER XENIA SUNDELL:**

TREAT YOURSELF TO A SUMMER MANI/PEDI IN PALE PINK, MINT OR TURQUOISE.



**MAKE YOUR  
OWN ICE CREAM  
SANDWICHES.**

BAKE UP SOME LOW-CAL BROWNIES, SLICE, AND SPREAD WITH SOFTENED **SWEET FREEDOM® BANANA SPLIT ICE CREAM!**

- 6 "BEACH READS" AREN'T JUST FOR BEACHES!** Treat everyone in the family to a new summer book.

- 7 RETHINK "CRUNCH TIME."** Drenched in chocolate coating with crisp rice sprinkles, **Sweet Freedom® Krunch Lite Ice Cream Bars** are the perfect spoon-free indulgence.

- 8 HAVE A WATERMELON EATING CONTEST.** This fun-for-the-whole-family treat is big on smiles—and juice, so keep the napkins coming!

- 9 GOODLIFEATS.COM OWNER AND BLOGGER KATIE GOODMAN:** For simple "hors d'oeuvres," cut **Sweet Freedom® Ice Cream Sandwiches** into bite-size pieces, add fruit for a splash of color and serve with toothpicks.

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**KEEP YOUR FREEZER  
STOCKED WITH FUN.**

TOPPED WITH PEANUTS AND CHOCOLATE SAUCE, NO-SUGAR-ADDED **SWEET FREEDOM® SNACK SIZE VANILLA ICE CREAM CONES** ARE THE PERFECT ANYTIME INDULGENCE.

WANT  
MORE FUN?  
Start your summer of freedom  
now at [BlueBunny.com/  
SummerOfFreedom](http://BlueBunny.com/SummerOfFreedom) and  
satisfy more than your  
sweet tooth!

LOOK FOR ANOTHER  
EDITION OF **SUMMER  
INDULGENCES** IN  
THE AUGUST ISSUE.

**BLUE BUNNY**  
QUALITY *Milk* SINCE 1913