

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.



5 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.

10

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

