

## It's Soy Delicious Fruit Sweetened Frozen Dessert (Vegan, Gluten-Free)

By Hannah Kaminsky, Bittersweet Blog - Waking up practically drowning in sweat these days, even my own skin is beginning to feel a bit claustrophobic. I can barely convince myself to get dressed in the morning, let alone venture outdoors to face the unforgiving elements. The summer seems to have arrived early this year, inflicting upon us such oppressive heat and humidity that I truly fear what conditions July might exhibit. Clearly I'm a New England sorta gal, better suited to freezing winds than muggy stagnant air, but I still can't figure out for the life of me why so many people prefer this hellish season. What is it that they possess and I lack, besides the ability to relax poolside? If there might be one singular thing that I could point to, I believe that the answer may very well revolve around ice cream.

Having had mixed experience at best with frozen soy-based desserts, I'm still reluctant to pluck a new product of this sort off the shelf. Not too long ago though, a number of factors converged and drove me to sample some of the fruit-sweetened pints by Soy Delicious. First and foremost, the convenience factor paired with my desperate desire to cool off prevented me from leaving the freezer section empty-handed, but good words about this company reverberated in my head, assuring me that it wasn't mediocre like so many well-intentioned but lack-luster choices. What really sealed the deal, however, was when I spied a pint of Green Tea ice &ldquo;cream.&rdquo;

Let me make this perfectly clear: I adore green tea and green tea-flavored desserts. It is such a sad state of affairs that most Americans don't share my passion for this flavor, which is why discovering any commercial product that can boast such a sweet are a disappointing rarity. Upon spying this incredible find in my local health food store, I bought 3 pints on the spot and sprinted straight to the register, eager to secure my treasure and dish it out. Haphazardly slopping the contents of my grocery bags into all the wrong storage spaces when I got home, it was the most I could do to control myself and spoon it into a separate dish, as I would have just as happily dug straight into the container.

Savoring every drop, the dusty moss-colored ice &ldquo;cream&rdquo; melted slowly over my joyful taste buds. So smooth and creamy, the thought of this being a good substitute never crossed my mind - This was identical to the real thing, as far as I'm concerned. Delicately flavored with the complexities and nuances of authentic maccha and not a hint of bitterness to be found, it was accompanied by the perfect amount of sweetness. Faint whispers of vanilla lingered quietly in the background, and the resulting harmony throughout could put any imitator to shame. If I possibly could, I would fill my freezer with nothing but this frozen delicacy and eat it for every meal. Heck, I love it so much, I'd bathe in it if I could!

Uncertain that anything could even compare to the green tea delight that I was still in rapture over, I was reluctant to sample any other flavors. Sadly, it wasn't long before my supply ran out, and as that small market has now mysteriously stopped stocking it just as suddenly as it arrived, so I had no choice but to move on.

Thankfully, if there was ever a flavor that I might be able to muster nearly as much enthusiasm for, it would be Coffee. A self-proclaimed addict, the traditional hot drink holds sway over my mind like no other substance. Figuring that the espresso flavor might be able fill the hole in my freezer, I snatched up a pint as soon as I had the chance. Luckily, I was not disappointed; Deep, dark roasted coffee beans seemed to be infused into the frozen &ldquo;cream&rdquo; itself, as it could speak volumes in terms of the gourmet flavors enthusiasts are always after. Still, it was somehow light and not unctuous or overly rich, so it was still a wonderfully refreshing treat. Modestly sweetened, I could scarcely believe that I hadn't found this creamy delight sooner. Truly, I'd take this over an iced latte any day!

There are so many other flavors on the market by Soy Delicious, this isn't even the tip of the iceberg as to their full potential. Armed with this knowledge and some darn tasty vegan ice cream, the summer isn't looking so miserable, after all.

Where to Purchase: Turtle Mountain frozen desserts can be found in many grocery stores throughout the U.S., both big and small. See their website for a store locator. Though it should be noted that I have found their products in many, many stores not listed on their site.