



5 Healthy Ice Cream Alternatives That Taste Amazing - Selene Yeager

Ice Cream is amazing and people can't get enough of their Ben & Jerry's or Marble slab but the fact of the matter is, it's not all that healthy for you. This text is a hortatory, encouraging ice cream lovers to take a change with an alternative ice cream brand with fewer calories and healthier nutrients.

Important features to notice are how the alternatives are not all ice cream, this introduces new forms of dessert fit the demand of each individual. Whether it's a nut allergy, food preferences or do it yourself, this fits the need in numerous ways to satisfy your need to step out of your comfort zone and try something healthy and new.

The author wants to help ice cream lovers, those who can't get enough of the dessert and make a difference in their lifestyle. She promotes change and tells the reader how to do it. Good descriptions follow after each alternative, showing just how dedicated she is to figure out what's a well rounded group of desserts to use as a substitute for ice cream.

Many people who are tired of the calories or college students who can't get enough ice cream but are maybe in the hopes of trying something new can seek this article to its full advantage, knowing there's more to desserts than just sugar and saturated fat. The choice to be healthy isn't easy but eating these kind of desserts makes it seem that way. Through the advocacy of changing an unhealthy lifestyle to a healthier one is evident throughout this text, demonstrating different methods on how to prepare some dessert alternatives as well as marketing some healthy brands in the process.