



Italian Ice Recipes: Cool and Refreshing Italian Ice Recipes for Every Occasion (Everyday Recipes)

Ranae Richoux

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Italian ice is a dessert that is well known throughout the world, not just in Italy. In fact, Italian ice is often seen as more popular in America than it is in Italy. Italian ice has recently become popular across the world, especially during the summer months.

You'll often find any of the frozen desserts we've mentioned to have a high amount of processed sugar, but the amount of sugar present in Italian ice versus other frozen desserts makes it a much better alternative.

Many people still don't understand how bad processed sugar can be on our bodies. Eating too much processed sugar can result in a variety of serious ailments such as obesity, diabetes, heart disease, high blood pressure, kidney disease, and much, much more. So choosing alternatives that reduce that amount of sugar you're consuming each day is a huge step in the right direction.

In Italian Ice Recipes you will find:

Orange Blossom Italian Ice
Cool Citrus Italian Ice
Peaches & Cream
Very Cherry Summertime Treat
Sparkling Ginger Ice
Lemon Mint Palate Cleanser
Cantaloupe Ice
Blueberry Lime Soda
Sour Smoothie Ice
Café Latte Ice
Banana Berry Ice
Quick Strawberry Orange Ice
Tropical Paradise
Orange Creamsicle Smoothie
Raspberry Chocolate Delight
Watermelon Lime Cup

and much, MUCH more!

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