

Dish

Brain Freeze!

One of my earliest memories eating ice cream is one of my mother, who having already eaten her ice cream cone down to a stub, trying to con me for my still full-size one. There was something about the miniature cone with a tiny dollup of ice cream on top (almost the perfect doll size) that always made me want to make the trade. Of course she would never actually take it from me, always choosing instead to follow it up by telling me that her dad used to tease her with the same trick when

she was little (she always wanted to trade too).



Ashli, Laura, Allison and Meredith... all smiles.

We settled on the patio, each opting to try a serving of their new flavor, Acai Berry, but piled high with our own favorites: blackberries, strawberries, kiwi and granola. As a side note, the acai fruit berry has been used for generations by the natives of Brazil and boasts 10 times the antioxidant benefits of grapes and twice that of blueberries. Did I mention there was no guilt here... Even better. Meredith's friend, Ashli chose the waffle instead because apparently she is the one known for always playing with the waffle maker in hotel rooms. My daughter is now convinced that Cefiore qualifies as a legitimate breakfast place.

We ended up lingering well after the last lick... Enjoying our evening and time together. My daughter was struggling at first with all of the adult blah blah blah magazine talk. Something that was made better by the sweet ladies at Cefiore who kept bringing her little samples with her own

tiny cup and spoon. I'm sure I'll be using the coupon on page 21 to bring her back real soon.

So go make a memory with someone you love. Take some time after dinner one night, put on a pair of flip flops, head out to Cefiore and SMILE!

CEFIORE

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Piper, chief taster, at it again.

It is actually hard to think of any memory involving some kind of frozen goodness that isn't a happy one, except maybe the break-up tub. Everyone from the group seemed game for celebrating in this manner and now the question was, "where?" Meredith offered up Cefiore on Bardstown Rd, one of her favorite places... Evident by the fact that she was willing to run the 1.5 miles from her house to get there. The company has built a strong following for its unique and refreshing Italian non-fat soft serve flavors. Not exactly ice cream... But better.

It is always hard to get everyone's nighttime schedules to align. So many things to do... Places to rush off to. I expected the night to be a quick one.



Italian non-fat soft serve with fresh fruit.