

Start summer off with a scoop

Visit this year's best ice cream spots around the Twin Cities

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With summer right around the corner, prime ice cream season is, too. And did you know that eating ice cream doesn't just taste good but can have health benefits too?

"Ice cream contains essential nutrients that your body needs. It is a good source of calcium, which is crucial for maintaining strong bones and teeth," according to Michigan State University. "Ice cream

provides vitamins like A, D, and B12, contributing to better immune function and overall health."

With these benefits in mind, I wanted to find the best ice cream places around. I focused on smaller businesses and ordered chocolate or as close to it as I could get at each place to give a fairer comparison, and the smallest size. I also interviewed some Minnehaha Academy students to hear about their favorite places.



PHOTO BY SIMONE FEYEREISEN
Taken at Milkjam Creamery.



PHOTO BY SIMONE FEYEREISEN
MN Nice Cream soft serve ice cream.



PHOTO BY SIMONE FEYEREISEN
the MN Nice Cream sign on building.

MN Nice Cream

If you love Dairy Queen's soft serve but want to support a small business, Nice Cream is the spot. It has simple flavors of chocolate, vanilla, or a twist (with unique vegan options too). I got a chocolate cake cone with bananas and edible glitter (which is free with every order), which totaled \$5.60. The ice cream itself was standard soft serve, but the toppings made it really special. They have an abundance of options such as PB Monster cookie dough, toasted marshmallows, fruity pebbles, gummy bears, puppy chow, fruit options, etc., etc. So if you come here, load up on the toppings because at Nice Cream, that's what it's all about.

Milkjam Creamery

Milkjam on Lyndale is known for ITS unique flavors and milk options. For \$9.27, I got a split single with black (dark cocoa) and PB vs. Everybody (banana peanut butter with Oreo chunks). I was blown away at the first taste. It has a unique, almost grainy texture that I loved. And only after licking the cup clean did I hear it was vegan! This place remains on my mind weeks later. The price is steep but 100% worth it.

A few more scoops...

- Mrs. Desserts and Kumpir: Iraqi/Turkish influences
E. Lake St. & 35W also NE Minneapolis
- Sweet Science: All-natural, local ingredients
50th & France, Edina
- Adele's Custard
Excelsior near Lake Mtk.
- Sebastian Joe's
3 locations
- Cold Stone Creamery
12 locations

Conny's Creamy Cone in St. Paul

The next shop is a cute little soft serve place on Dale Street in St. Paul. The whole place has a nostalgic vintage vibe — even the prices are vintage. I ordered a chocolate cone for only \$2.99. They had 34 different flavors, too! Special flavors do cost a bit extra, though, but only \$3.88, which still beats all the other shops. The chocolate cone wasn't too sweet but had more of a cocoa taste. I also tried an Amaretto flavor, which was my favorite. If you like funky flavors and your summer job didn't pan out, this is the place for you.

Minnehaha Upper School

Pumphouse Creamery

Pumphouse Creamery, at 48th and Chicago, is known for its small-batch, locally sourced, creative flavors. It's all been made by one woman for its 22 years of business, Barb Zapzalka, the owner. She intentionally gets ingredients from local Minnesota farmers for the best quality, too. They have a wide range of flavors from next-level classics like chocolate, vanilla, and fresh strawberry to lemon-infused olive oil and sea salt to lucuma, a Peruvian fruit. I got a speckled milk chocolate for \$4.74, a very reasonable price. It was a perfect milk chocolate flavor, which is hard to find, and had small chocolate pieces in it, too, which provided just the right amount of crunch. This place is my go-to, and I really recommend it.

Cold Front

Located across the street from Cretin-Derham Hall in St. Paul lies a cute blue ice cream shop called Cold Front. They have scoops, sundaes, a coffee bar and a vintage soda fountain. I got the split single with Zanzibar chocolate and their award-winning strawberry ice cream. They don't make it themselves but use an ice cream brand called Chocolate Shop. The chocolate was dark and rich, and not too sweet, which I loved. The strawberry had frozen strawberry chunks, which were good but overall pretty standard. It ended up costing \$6.15, which is a bit pricey, but it does give you a lot. Overall, this place was cute, tasty and the perfect sweet treat after dinner.