

TASTY DAIRY-FREE ICE CREAM IN MUNICH

This past week, Munich has seen some the hottest days of the year, with close to record-breaking temperatures.

Yesterday quite a few of my friends cocooned themselves at home – blinds down, not daring to let any of the hot air seep through the cracks into their already warmer-than-normal abodes.

R, D and I opted for a more active escape. We went walking up the little mountain of Taubenberg (post to come soon), as it is covered with a very pretty forest. Up on the hill is a farm with a little restaurant, where one can regain some strength. Afterwards on the way back down, we took a nap near a little chapel, and made our way back.

Once back in town, we freshened up, grabbed a picnic blanket and went up the hill of the Olympic Park, and took another well-deserved snooze. It's simply one of the best ways to beat the heat.

Now besides sleeping under the tree in the park, another one of my favorite ways to cool down is to savor some cold, sweet treats.

So below are, imho, a few of the best ice cream parlors in town (including one to which I've never been but have been wanting to visit), which offer dairy-free and/or vegan ice creams:

- **BallaBeni** – Maxvorstadt
Last spotted offering vegan chocolate ice cream, along with their delicious sorbets. They produce some of the best-tasting icy delights. No skimping on quality here.
- **Del Fiore** – Glockenbachviertel
I once had a lemongrass mango sorbet there. OMG. Amazing taste.
- **Der Verrückte Eis Macher** – Maxvorstadt
They make a variety of unusual flavors, including beer, for those who aren't gluten-free. worth trying.
- **Eismeer** – Glockenbachviertel
They have a very tasty chocolate sorbet.

- **Gelato Bartu** (organic) – Schwabing and Maxvorstadt
One place I've been planning to visit for a while. They have a stand in front of the Lenbahhaus, and a store on Wilhemstraße.
- **Ice Date** (exclusively organic and vegan) – Maxvorstadt and at a stand at Tollwood until July 19, 2015
Everything in the store is gluten and dairy free. It's the only place in town where I order two scoops and finish them because the ice cream is not too too heavy.

Another tip is to go to a **Basic store** and check out the ice cream on offer there – the one on Schleissheimer Strasse has chocolate-covered rice milk ice cream on a stick, from BonIce. The Bistro next door offers mini tubs of ice cream which are also often gluten and dairy free.

Keep cool and enjoy!