

# ICE CREAM SUNDAYS

Follow Petit Pixel as she wanders the streets of her hometown Bendigo, photographing and writing about the places, people & food she finds along the way. She loves nothing more than a good road-trip to discover some of regional Victoria's best kept secrets and old favourites. At the end of the day you'll find her heading home to kick back with the three loves of her life: a sports mad husband, RSPCA adopted dog, and dessert. You can read more on her blog [www.petitpixeldesign.com](http://www.petitpixeldesign.com) or join the conversation on twitter via @petitpixl



Mini Melts



Frozen yoghurt



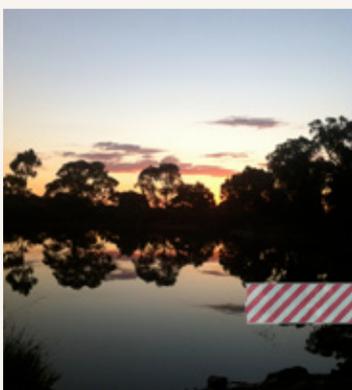
Cold Rock - Mix ins



Gelato



Cold Rock - Mix ins



We started a tradition a few summers ago in our house called "Ice Cream Sundays", where at some point on a lazy Sunday afternoon one of us would announce to the other it was time to drift in to Bendigo for some gelato from Favourite Flavours. We'd stop in & say hi to Ruby the dog next door, wander a few shops, Luke would offer me the last bite of his choc-honeycomb waffle cone & we'd head home. It wasn't long before the tradition expanded to include Saturdays and/or public holidays, and our ice cream types & sources grew. Here are some of my favourites...

You'll find Mini Melts at **Bendigo Ice Creamery Cafe**...tiny ice cream balls (about the size of a peppercorn) that melt instantly on your tongue, these ones are Banana Split. **Indulge Fine Belgian Chocolates** have created a gorgeous take on the traditional ice cream sundae. Hayley's recipe includes crushed meringue drizzled with blackberry coulis, vanilla ice cream, melted Belgian chocolate topped with more chocolate shavings. Steve from **Favourite Flavours** is always inventing something new for his range of gelatos, and he'll happily let you taste test until you make up your mind. This time we had Butterscotch and Turkish Delight. **Cold Rock** presents another level of choice with their many mix-in options. I've only just learned about this combination from a friend at work and haven't been able to go past it since: cake batter ice cream with chocolate chip cookie dough and chocolate brownies smashed in. Lastly, for the health nuts (ie my sister who will travel from Ballarat for this), **Pall Mall Cafe** is continuing the long standing tradition of frozen soft serve yoghurt. Ask for a layer of chopped up strawberries in the middle & eat it under the shade of the trees in Rosalind Park.

Of course, you could make a day of it and head further afield to Daylesford for a picnic by the lake. We like to stop in at the **Little Red Apple** just before Castlemaine to grab some local produce on the way...but **Wombat Hill House** and **Ego's Culnaria** also have picnic options if you want to plan ahead. You won't even notice the afternoon drifting lazily by when you're lying at lakes edge under the sweeping willows. Take a dip if it gets too warm, and then spend some time browsing in **The Book Barn** for a good summer "lake read". If you're looking to escape the crowds, its a bit quieter down the far end of the lake with plenty of grass to stretch out on. You might even spot the gently rounded (and I daresay very spoiled!) flock of **Lake House** geese out for an afternoon walk.

Perhaps you could end the day with a lazy nap in the hammock at home. I got given one for Christmas a few years ago and now can't imagine a summer without it (although if someone could tell me the secret of reading comfortably in a hammock that would be appreciated!) String up some haphazard fairy lights and dress up your citronella candles in some colourful lanterns (I found mine at **Barbeques Galore**) to get that soft flickering glow. Speaking of, is there anything better than the smell (and taste!) of a BBQ on a still summer evening? Now relax, put your feet up and watch the sun set. Before you know it, it will be time for ice cream again!

The gorgeous little blue bowl I photographed the Cold Rock ice cream in was supplied by Keren of **My Vintage Tea Hire**. Design elements with thanks to Peppermint of **One Little Bird Designs**. You'll find more information about these, and other finds I used to put this story together on my blog at [www.petitpixeldesign.com](http://www.petitpixeldesign.com)