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Top 10 Gluten-Free Flavors to Try at Braum's

The first ingredient for all our ice creams is fresh, Grade A milk from Braum's. After that, we like to get creative. Here's a guide to the 10 most popular gluten-free favorites you can find at your local Braum's.

1. Premium Vanilla



Vanilla is the most popular flavor in America.

Why wouldn't vanilla be No. 1? You can mix it with toppings, add it to a drink, pile it onto another dessert or have it on its own. Vanilla is one versatile ice cream.

2. Premium Chocolate



Chocolate originated 4,000 years ago in Mexico.

Today, you can enjoy the perfect blend of cocoa, sweet cream, milk and sugar at Braum's. If it took 4,000 years to get here, it was totally worth the wait.

3. Premium Strawberry



Strawberries are an excellent source of Vitamin C.

Strawberries are also rich in folic acid, fiber and potassium. Braum's preserves all that goodness by mixing real strawberries right into the ice cream.

4. Premium Mint Chocolate Chip



The Pilgrims brought mint to America in the 1600s.

Mint has been enjoyed for thousands of years, and arrived aboard the Mayflower. Blend mint into our chocolate chip ice cream, and you have the perfect pair.

5. Premium Butter Pecan



George Washington owned pecan trees.

While the cherry tree myth persists, it's fact that our first president had pecan trees. Unfortunately for him, he never knew the joy of butter pecan ice cream.

6. Premium Chocolate Chip



May 15 is National Chocolate Chip Day.

Really, though, shouldn't every day be National Chocolate Chip Day? At Braum's, we roll thousands of chocolate chips into each batch of this classic.

7. Cappuccino Chunky Chocolate



Hawaii is the only state where coffee is grown.

Residents of Arkansas, Kansas, Oklahoma, Missouri and Texas can have their coffee-blenched Braum's ice cream with tasty chocolate chunks.

8. Premium Rocky Road



Rocky Road was created during the Great Depression.

Legend has it that the inventor chose the name Rocky Road as a way to make people smile during hard times. The classic combination still makes people smile.

9. Premium Chocolate Almond



Almonds are actually part of the peach family.

Almonds are pits of a fruit, so they're categorized as a "stone fruit." The fruit of the almond tree splits open, and the almond shell dries out before harvest.

10. Orange Sherbet



Sherbet is its own category of ice cream.

Sherbet has a milk fat content of between 1 and 2 percent, and it weighs at least 6 pounds per gallon. The flavor options are endless, but orange is a classic.

Source: International Dairy Foods Association, Cornell University, USDA, MyDairyVoice



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