

I Scream, You Scream: We all scream for (vegan) ice cream



Summer's heating up, and what better way to beat this heat wave than with a giant scoop of ice cream on a scorching afternoon? However, not all of us can indulge in the dairy delights of America's fave summer treat (just ask my boyfriend, affectionately monikered "Non-Dairy Gary" by my family because of his aversion to milk products), so it's vegan ice cream to the rescue! Rhode Island's vegan ice cream purveyors are tough to suss out, but after several hours of Googling, Yelping and asking random strangers on the Internet for recommendations, I've compiled a list of my Top 5 favorites!

Like No Udder: 170 Ives St, PVD

Rhode Island's go-to spot for vegan sweet treats, Like No Udder churns out an impressive selection of dairy-free hard and soft serve delights, which can be twisted and scooped into a variety of preparations, including their signature "Unicorn" — soft serve blended till THICC with your choice of toppings swirled in. Browse the shop while you wait for your sundae! Like No Udder also peddles a respectable selection of vegan snacks, like jerkys, locally made condiments, and the ever popular cheese understudy, nutritional yeast (which is low-key better than actual cheese, but I guess we can argue about that in a different column).

Dear Hearts: 2218 Broad St, Cranston (Additional locations in East Greenwich and Warwick)

Got friends who are indecisive and take five-ever to pick out their flavors? Bring 'em to Dear Hearts, and they'll have a field day with the menu, which offers a wide selection of almond milk based soft serve in 24 (!!!) different flavors! Picky eaters will go wild for the classic coffee, their best seller, and the more adventurous lot will flip for the cotton candy and coconut flavors, which are winning over the

hearts of vegans and non-vegans alike this summer!

Green Line Apothecary: 905 North Main St, PVD (Additional location in Wakefield, Rhode Island)

Belly up to the refurbished 1940s soda fountain at this hidden gem, and you'll see why this is my all-time favorite date spot! Yes, Green Line Apothecary is a full-service pharmacy with its own soda fountain, which harkens back to a time when I wouldn't have looked stupid for wearing poodle skirts in broad daylight. The vegan selection rotates on a monthly basis, and the upcoming August offering, cookies n' cream, is better than any regular ice cream I've ever tried. Trust me. Get there. You'll love it.

Wildflour: 727 East Ave, Pawtucket

A staple in the Li'l Rhody vegan community, Wildflour's got it all! From delish salads, prepared foods like superfood "sushi" and a killer avocado toast (#millennial), it's one of my fave spots for a healthy nosh. Save room for dessert, though, because their ice cream's off the hook! I especially love the fruity 'n' floral strawberry rose, as it is just as unique and weird as I am, but purists go crazy for the simple and sweet vanilla chocolate chip. No matter if you choose classic or creative, you can't go wrong at this vegan paradise!

Sticks n' Cones: 8 Fair St, Newport

I had to add in an on-island favorite of mine, and Sticks n' Cones right in the heart of downtown Newport does the trick when the vegan ice cream cravings start and I don't feel like going over the bridges! The small but handcrafted selection includes a delish cookies n' cream incarnation, a flavorful coconut scoop, and an out of this world coffee indulgence that'll have you buzzing with caffeinated joy long after the last morsel is gone. Hungry for more? They also specialize in homemade sweet waffles and frozen bananas dipped in chocolate and sprinkles, perfect for Instagram!