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Here's the scoop

Great places to eat ice cream on a hot day

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Ice cream. It melts away the resolve of even the most serious dieters on a hot summer day.

We suddenly forget about Atkins or any of that fat-free, sugar-free, taste-free stuff. All we want to do is get our licks from some really decadent frosty treats.

And there are plenty of places around to do that.

For the sweltering summer days ahead, here are picks for the city's most sinfully delicious ice creams and where to find them — calories be damned!

1. Fruitstand Rendezvous, a strawberry ice cream amped up with graham-cracker crumbs, white chocolate chips, fresh strawberries and bananas — is great for indecisive types paralyzed by too many choices at **Cold Stone Creamery**, the build-your-own flavor parlor that opened earlier this month in Times Square. Like Ben & Jerry's famous scoops, Cold Stone's cones are filled with creamy concoctions created using a range of candy, cookies, fruit and other sweet treats. The difference here is that the customer gets the option of choosing which ones get mixed into their preferred ice-cream base. Prices vary depending upon how many "mix-ins" you order, but an average small cup is \$3.49 and a medium is \$3.99. 253 W. 42nd St., at Eighth Ave. (212) 398-1882.



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Double dip: Julia Rugg shares a bite of her ice cream with Ezra Bassin-Hill.



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