



2-Ingredient Giant Ice Cream Sandwich



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Entire recipe: 192 calories, 3g total fat (2g sat. fat), 151mg sodium, 41g carbs, 5g fiber, 13.5g sugars, 5.5g protein

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Prep: 5 minutes **Freeze:** 30 minutes



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Ingredients

2 caramel-flavored rice cakes
1/2 cup light ice cream with about 400 calories per pint (like [the light pints by Enlightened](#)), slightly thawed

Directions

Spread ice cream onto one rice cake.

Gently top with the other rice cake, pressing lightly to adhere.

Freeze until ice cream is solid, about 30 minutes.

MAKES 1 SERVING

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