



2-Ingredient Giant Ice Cream Sandwich



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Entire recipe: 170 calories, 1.5g total fat (1g sat fat), 125mg sodium, 37g carbs, 3g fiber, 11.5g sugars, 7g protein

Green Plan [SmartPoints](#)® value 6*

Blue Plan (Freestyle™) [SmartPoints](#)® value 6*

Purple Plan [SmartPoints](#)® value 6*

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

More: [Dessert Recipes](#), [Vegetarian Recipes](#), [Single Serving](#), [5 Ingredients or Less](#)

Ingredients

2 caramel-flavored rice cakes
1/2 cup light vanilla ice cream with about 300 calories per pint (like [the kind 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

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

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