



Brownie-Bottomed Ice Cream Cake



1/9th of pan: 187 calories, 3.5g total fat (1.5g sat. fat), 308mg sodium, 38.5g carbs, 4g fiber, 19g sugars, 5.5g protein

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Prep: 5 minutes **Cook:** 20 minutes

Cool: 1 1/2 hours **Freeze:** 3 hours



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Ingredients

- 1 3/4 cups moist-style devil's food cake mix (about 1/2 box)
- 1 cup canned pure pumpkin
- 1 1/2 pints light vanilla ice cream with about 300 calories per pint (like [the kind by Enlightened](#))
- 2 tbsp. rainbow sprinkles

Directions

Preheat oven to 400 degrees. Spray an 8" X 8" baking pan with nonstick spray.

In a large bowl, mix cake mix with pumpkin until smooth and uniform. (Batter will be thick.) Spread batter into the baking pan, and smooth out the top. Bake until a toothpick inserted into the center comes out clean, 18 - 20 minutes.

Let cool completely, about 1 1/2 hours. When about 30 minutes remain, remove ice cream from the freezer and allow to soften.

Spread ice cream over brownie layer, and top with sprinkles. Freeze until ice cream is firm, about 3 hours.

MAKES 9 SERVINGS

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