

Cherry Vanilla Ice Cream Sandwich

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Servings: 10

6 cups vanilla ice cream
2 cups fresh sweet cherries, pitted
1/2 cup toasted almonds (optional),
coarsely chopped
1/3 cup butter, softened
3/4 cup granulated sugar
1/4 teaspoon baking soda
1/4 teaspoon cream of tartar
1 egg
1/2 teaspoon vanilla
1 1/3 cups all-purpose flour
1 tablespoon granulated sugar
1/2 teaspoon ground cinnamon

Preparation Time: 25 minutes

Freeze Time: 4 hours

Let the ice cream stand at room temperature for 15 minutes to soften. Coarsely chop the pitted cherries. In a bowl, stir the cherries and almonds (if using) into the ice cream. Spread the mix evenly in a foil-lined 13x9x2-inch baking dish. Cover and freeze for two hours or until firm.

Preheat the oven to 350 degrees.

In a large mixing bowl, beat the butter with an electric mixer on medium to high speed for 30 seconds. Beat in the sugar, baking soda and cream of tartar until just combined. Beat in the egg and vanilla until combined. Beat in as much of the flour as you can with the mixer. Stir in any remaining flour.

Divide the dough in half. Roll each portion of dough out on a lightly floured surface to 1/8--inch thickness. Cut with a 3-1/2-inch round cookie cutter for a total of twenty cookies. Reroll any dough scraps. Place the cutouts on ungreased cookie sheets.

In a small bowl, combine the one tablespoon of sugar and cinnamon. Brush the cookie tops with water. Sprinkle with the cinnamon sugar. Bake for 8 to 10 minutes or until the edges are firm. Cool on the cookie sheet for 1 minute. Transfer the cookies to wire racks to cool completely.

Using the foil, lift the ice cream from the dish and let stand for 5 minutes to soften. Cut ten rounds with a three-inch cookie cutter. Set out ten cookies with the bottom side up. Place an ice cream cutout on top of each cookie. Top with a second cookie, bottom side down, pressing slightly to seal to the ice cream.

Wrap each sandwich in plastic wrap. Freeze for at least two hours.

Let stand at room temperature for 5 minutes before serving.

Freeze for up to one month.

For an easier method, do not spread the ice cream in the pan. Refreeze after stirring in the fruit until firm yet spreadable. Spread about three tablespoons of the ice cream on half the cookies and top with the remaining cookies. Press together.

Per Serving (excluding unknown items): 345 Calories; 15g Fat (39.6% calories from fat); 5g Protein; 48g Carbohydrate; 1g Dietary Fiber; 72mg Cholesterol; 164mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Fruit; 3 Fat; 2 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	345	Vitamin B6 (mg):	trace
% Calories from Fat:	39.6%	Vitamin B12 (mcg):	.4mcg
% Calories from Carbohydrates:	54.5%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	5.9%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	15g	Folacin (mcg):	32mcg
Saturated Fat (g):	9g	Niacin (mg):	1mg
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	1
Cholesterol (mg):	72mg	% Refuse:	n n%
Carbohydrate (g):	48g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	1
Protein (g):	5g	Lean Meat:	0
Sodium (mg):	164mg	Vegetable:	0
Potassium (mg):	197mg	Fruit:	0
Calcium (mg):	110mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	3
Zinc (mg):	1mg	Other Carbohydrates:	2 1/2
Vitamin C (mg):	1mg		
Vitamin A (i.u.):	577IU		
Vitamin A (r.e.):	156 1/2RE		

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 345 **Calories from Fat:** 136

% Daily Values*

Total Fat 15g	24%
Saturated Fat 9g	47%
Cholesterol 72mg	24%
Sodium 164mg	7%
Total Carbohydrates 48g	16%
Dietary Fiber 1g	2%

Protein 5g

Vitamin A	12%
Vitamin C	1%
Calcium	11%
Iron	6%

** Percent Daily Values are based on a 2000 calorie diet.*