

Crispy Ice Cream Sandwiches

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Servings: 8

3 tablespoons butter
10 ounces marshmallows
6 cups crisp rice cereal
1/2 gallon ice cream (vanilla or
strawberry), softened
red, white & blue sprinkles
chocolate chips, melted

In a large saucepan over medium-low, melt the butter. Add the marshmallows. Stir until melted. Remove from the heat. Stir in the cereal until coated.

Using a buttered spatula or hands, press the mixture evenly into a 13x9-inch pan coated with cooking spray. Cool. Cut in half. Remove half of the cereal treat from the pan.

Spread the ice cream on top of the crisp rice cereal in the pan. Top with the other half of the cereal treat. Press down.

Freeze at least four hours or overnight.

Use a serrated knife to cut rectangle or square sandwiches. Dip the sides of the ice cream into the sprinkles. Drizzle the tops with melted chocolate.

Per Serving (excluding unknown items): 151 Calories; 4g Fat (25.0% calories from fat); 1g Protein; 29g Carbohydrate; 0g Dietary Fiber; 12mg Cholesterol; 61mg Sodium. Exchanges: 1 Fat; 2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	151	Vitamin B6 (mg):	0mg
% Calories from Fat:	25.0%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	73.4%	Thiamin B1 (mg):	0mg
% Calories from Protein:	1.6%	Riboflavin B2 (mg):	trace
Total Fat (g):	4g	Folacin (mcg):	trace

Saturated Fat (g): 3g
Monounsaturated Fat (g): 1g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 12mg
Carbohydrate (g): 29g
Dietary Fiber (g): 0g
Protein (g): 1g
Sodium (mg): 61mg
Potassium (mg): 3mg
Calcium (mg): 7mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 0mg
Vitamin A (i.u.): 163IU
Vitamin A (r.e.): 40RE

Niacin (mg):
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1
Other Carbohydrates: 2

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 151 **Calories from Fat:** 38

% Daily Values*

Total Fat	4g	7%
Saturated Fat	3g	13%
Cholesterol	12mg	4%
Sodium	61mg	3%
Total Carbohydrates	29g	10%
Dietary Fiber	0g	0%
Protein	1g	
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Vitamin A		3%
Vitamin C		0%
Calcium		1%
Iron		0%

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