

Dessert

Fried Ice Cream

Taste of Home April 2008

Servings: 6

Preparation Time: 20 minutes

Cook time: 5 minutes

3 cups vanilla ice cream

1/4 cup heavy whipping cream

1 1/4 cups finely crushed graham crackers

1 teaspoon ground cinnamon

oil for deep-fat frying

Using a 1/2-cup ice cream scoop, place six scoops of ice cream on a baking sheet. Freeze.

Place heavy cream in a shallow bowl. Combine cracker crumbs and cinnamon in another shallow bowl. Dip ice cream in balls in cream, then roll in crumb mixture. Cover and freeze for at least one hour. Refrigerate remaining cream and set aside remaining crumb mixture.

Roll ice cream balls again in cream, then coat again with crumbs. Freeze for 15 minutes.

In an electric skillet or deep-fat fryer, heat oil to 375 degrees. Fry ice cream balls for 10-15 seconds or until lightly browned. Drain on paper towels. Serve immediately.

Per Serving (excluding unknown items): 168 Calories; 11g Fat (56.9% calories from fat); 3g Protein; 16g Carbohydrate; trace Dietary Fiber; 43mg Cholesterol; 57mg Sodium. Exchanges: 0 Grain(Starch); 0 Non-Fat Milk; 2 Fat; 1 Other Carbohydrates.