

Misc.

Mexican Ice Cream

Taste of Home

Servings: 4

Preparation Time: 20 minutes

2 cups vanilla ice cream

1/2 cup frosted cornflakes, crushed

1/4 cup sugar

1 teaspoon ground cinnamon

1/4 cup honey

Place four 1/2 cup scoops of ice cream on a waxed paper-lined baking sheet. Freeze for 1 hour or until firm.

In a shallow bowl, combine the cornflake crumbs, sugar and cinnamon. Roll ice cream in crumb mixture to coat. Freeze until serving. Drizzle each serving with 1 tablespoon honey.

Per Serving (excluding unknown items): 247 Calories; 7g Fat (25.3% calories from fat); 2g Protein; 46g Carbohydrate; trace Dietary Fiber; 29mg Cholesterol; 54mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Fat; 3 Other Carbohydrates.