

Dessert

Pumpkin Ice Cream Sandwiches

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Servings: 4

Start to Finish Time: 10 minutes

1 pint vanilla ice cream

1 cup canned pumpkin

1 teaspoon cinnamon

8 graham cracker squares

4 tablespoons pecans, chopped

In a bowl, beat the ice cream with the pumpkin and cinnamon.

Sandwich the mixture between two graham crackers.

Freeze for four hours or until solid.

Roll the edges with the chopped pecans.

Per Serving (excluding unknown items): 200 Calories; 12g Fat (51.2% calories from fat); 4g Protein; 22g Carbohydrate; 3g Dietary Fiber; 29mg Cholesterol; 56mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 2 1/2 Fat; 1 Other Carbohydrates.