

EGGNOG ICE CREAM SANDWICHES

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Gluten Free, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 6 (Serving= 1 sandwich)

Nutrition (per serving)

Total Fat: 2 g	Total Carbohydrate: 27
Saturated Fat: 0.5 g	Dietary Fiber: 1 g
Sodium: 232 mg	Calories: 133
	Protein: 3 g

Ingredients

- 2 cups Edy's® fat free vanilla frozen yogurt
- 1 Tablespoon sugar free, fat free vanilla pudding mix
- 1/8 teaspoon rum extract
- ½ teaspoon ground cinnamon
- 1 pinch ground nutmeg
- 12 cinnamon graham cracker squares (6 long rectangles) (use gluten free graham crackers for GF version)

Directions

1. In a medium bowl, mix frozen yogurt, pudding mix, rum extract, cinnamon and nutmeg together.
2. Put a spoonful on 1 graham cracker square and place another graham cracker square on top to make a sandwich.
3. Freeze for 2-3 hours.