



Guiltless Ice Cream Sandwiches

Ingredients

Low fat graham crackers

Fat free Cool Whip

Sprinkles, if desired

Directions

1. Put two tbps. of Cool Whip between halves of a graham cracker.
2. Add sprinkles, if desired.
3. Place in freezer until frozen.

Nutrition (1 sandwich):

Calories: 74

Fat: 1.4g

Carbs: 14g

Protein: 1g