



beauty foods™

Green Tea Ice Cream Sandwiches

Choose your favorite cookies for this very unique green tea ice cream

Product Used In This Recipe:
[Vanilla Dream Beauty Blend](#)



1 hr 15 min  1 servings  513 cals 

Ingredients:

½ c Green Tea, No Sugar Added, Non-Fat Frozen Yogurt
1 packet Vanilla Dream
2 Medium-Sized, Soft ,Sugar-Free Coconut, Almond, or Ginger Cookies

Directions:

Soften the ice cream by leaving it out on the counter for 10min or so. Mix Vanilla Dream into the softened ice cream and set aside. Place ice cream between two cookies and eat immediately or wrap in wax paper and store in the freezer.

*** Substituting fruit, chocolate, peanut butter, or mint chocolate chip ice cream can provide a delicious alternative, as well as rolling the ice cream edges in chocolate, peanut butter, or white chocolate chips. Crisp cookie can also be used but won't soften in the freezer.

Nutrition Facts:

Calories 513, calories from fat 180, cholesterol 5mg, sodium 245mg, 11.5g sugar, protein 8g

