




beauty foods™

Vanilla Ice Cream Sandwich

Perfect size for that Nightly treat, make enough for the month and freeze them for easy access

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



20 min*  1 servings  652 cals 

Ingredients:

½ c Vanilla, No Sugar Added, Non-Fat Frozen Yogurt
1 packet Vanilla Dream
2 Large, Rectangle Waffle Cookies or Pizzelles

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 return to the freezer . Once re-frozen., place ice cream between two cookies and eat immediately or wrap in wax paper and store in the freezer.

*20 min preparation time, 1 hr cooling time

Nutrition Facts:

Calories 652, calories from fat 127, cholesterol 110mg, sodium 40mg, sugar 34.7g, protein 6.1g

