

# EGGNOG ICE CREAM SANDWICHES

Eggnog Ice Cream Sandwiches

*Gluten Free, Lower Saturated Fat, Lower Sodium, Vegetarian*

*Serves: 6 (Serving= 1 sandwich)*

## **Nutrition (per serving)**

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

## **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.