



Cookie Ice Cream Sandwiches

 Dairy Free

READY IN



60 min.

SERVINGS



12

CALORIES



298 kcal

DESSERT

Ingredients

- 17.5 oz chocolate chip cookie mix
- 1 serving eggs for on cookie mix pouch
- 4 cups yogurt frozen
- 1 serving chocolate chips miniature

Equipment

- baking sheet
- baking paper
- oven

plastic wrap

Directions

- Heat oven to 375°F.
- For easy cleanup, line 2 cookie sheets with parchment paper.
- Make cookie dough as directed on pouch, using butter and egg.
- Drop dough by rounded tablespoons 2 inches apart onto ungreased cookie sheet.
- For easy cleanup, line cookie sheets with parchment paper.
- You want the cookies to have plenty of space so they don't bump into each other as they spread.
- Bake 11 to 13 minutes or until edges are light golden brown.
- Cool 1 minute before removing from cookie sheet. Cool completely, about 30 minutes.
- For each ice cream sandwich, place 1 scoop of ice cream (about 1/3 cup) between 2 cookies.
- For best results, ice cream should be slightly softened when assembling the Cookie Ice Cream Sandwiches. However, you'll want to work quickly to make sure the ice cream doesn't start to melt too much.
- Gently press cookies together (ice cream should spread to edge of cookies).
- Roll ice cream edges in sprinkles.
- Place sprinkles or mini chocolate chips in a pie plate or on a dinner plate for easy rolling.
- Transfer the ice cream cookie sandwich to a cookie sheet in the freezer as you make them – so they don't melt while you make the remaining sandwiches.
- Eat immediately, OR to save for later, wrap sandwiches individually in plastic wrap.
- Place in resealable freezer bag, and freeze until needed.

Nutrition Facts



Properties

Glycemic Index:4.06, Glycemic Load:13.06, Inflammation Score:-1, Nutrition Score:2.9873913046297%

Nutrients (% of daily need)

Calories: 298kcal (14.9%), Fat: 11.49g (17.68%), Saturated Fat: 4.1g (25.6%), Carbohydrates: 43.55g (14.52%), Net Carbohydrates: 42.15g (15.33%), Sugar: 28.49g (31.66%), Cholesterol: 20.9mg (6.97%), Sodium: 201mg (8.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.03g (12.07%), Calcium: 128.33mg (12.83%), Vitamin B1: 0.14mg (9.19%), Potassium: 260.11mg (7.43%), Folate: 29.42µg (7.36%), Fiber: 1.4g (5.59%), Vitamin B2: 0.09mg (5.36%), Vitamin B3: 0.83mg (4.15%), Iron: 0.7mg (3.91%), Magnesium: 14.08mg (3.52%), Phosphorus: 27.52mg (2.75%), Zinc: 0.25mg (1.69%), Selenium: 1.13µg (1.61%)