

STARTER & SNACK

Frozen Lemon Cream Sandwiches

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	6	\$1.11	257 kcal

Frozen Lemon Cream Sandwiches requires approximately 45 minutes from start to finish. For \$1.11 per serving, this recipe covers 2% of your daily requirements of vitamins and minerals. One serving contains 257 calories, 4g of protein, and 15g of fat. This recipe serves 6.

Ingredients

- ☐ 12 crisp butter waffle cookies
- ☐ 7 ounce chilled crème fraîche
- ☐ ¼ cup lemon curd
- ☐ 1 Finely grated zest of lemon
- ☐ ¼ cup finely chopped unsalted pistachios

EQUIPMENT Bowl, Baking sheet, Hand mixer, Wax paper

Method

- 1

Line a small baking sheet with wax paper. In a chilled bowl, using a hand-held electric mixer, beat the crme frache with the lemon curd and lemon zest until firm peaks form.
- 2

Arrange half of the cookies on the baking sheet and spoon the lemon cream onto the centers, letting it ooze gently to the edges. Top with the remaining cookies, pressing down very gently.
- 3

Transfer the baking sheet to the freezer and freeze the sandwiches until firm, at least 4 hours.
- 4

Spread the nuts on a plate and roll the edges of the sandwiches in them.
- 5

Serve at once.
- 6

Make Ahead: The lemon cream sandwiches can be frozen in an airtight container for up to 1 week.

Nutrition per serving

257

KCAL

4 g

PROTEIN

15 g

FAT

28 g

CARBS

Saturated Fat

5.7 g · 36% of daily needs

Fibre

0.7 g · 3% of daily needs

Sugar

15.2 g · 17% of daily needs

Sodium

139 mg · 6% of daily needs

Cholesterol

19.5 mg · 7% of daily needs

Vitamin C

1.7 mg · 2% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/frozen-lemon-cream-sandwiches-148377