



Fruity Frozen Yogurt Ice Cream Sandwiches

 Vegetarian

READY IN



180 min.

SERVINGS



5

CALORIES



236 kcal

DESSERT

Ingredients

- ☐ 4 oz weight cream cheese fat-free softened (half of 8-oz package)
- ☐ 2 tablespoons sugar
- ☐ 6 oz greek yogurt fat free
- ☐ 6 oz greek yogurt fat free
- ☐ 6 oz keebler® town house toppers® wheat crackers dark

Equipment

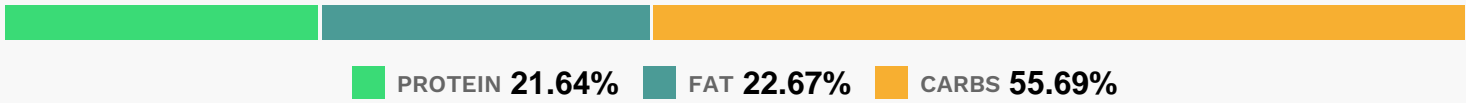
- ☐ bowl
- ☐ whisk

- ☐ aluminum foil
- ☐ ice cream scoop

Directions

- ☐ In medium bowl, mix cream cheese and sugar until smooth.
- ☐ Place half of the mixture into another medium bowl. Using whisk, beat blueberry yogurt into 1 bowl and peach yogurt into the other. Gently spoon and spread peach yogurt mixture over blueberry yogurt mixture in bowl. Freeze about 1 hour or until slightly firm.
- ☐ Remove from freezer. Using ice cream scoop, scoop yogurt from bowl, capturing both flavors.
- ☐ Place 1 scoop of swirled yogurt on chocolate side of one granola thin.
- ☐ Place another granola thin on top, chocolate side down. Press together slightly. Wrap individually in foil, and freeze at least 2 hours until firm.
- ☐ Before serving, let stand 10 minutes at room temperature.

Nutrition Facts



Properties

Glycemic Index:14.02, Glycemic Load:3.35, Inflammation Score:-1, Nutrition Score:5.08130434382222%

Nutrients (% of daily need)

Calories: 235.52kcal (11.78%), Fat: 5.94g (9.13%), Saturated Fat: 1.31g (8.18%), Carbohydrates: 32.81g (10.94%), Net Carbohydrates: 30.63g (11.14%), Sugar: 12.58g (13.98%), Cholesterol: 6.12mg (2.04%), Sodium: 432.78mg (18.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.75g (25.49%), Phosphorus: 211.15mg (21.11%), Calcium: 175.59mg (17.56%), Vitamin B2: 0.25mg (14.84%), Vitamin B12: 0.69µg (11.53%), Selenium: 7.88µg (11.25%), Fiber: 2.18g (8.71%), Iron: 0.89mg (4.94%), Zinc: 0.7mg (4.68%), Potassium: 159.08mg (4.55%), Vitamin B5: 0.42mg (4.16%), Folate: 12.7µg (3.18%), Magnesium: 12.47mg (3.12%), Vitamin B6: 0.05mg (2.74%), Vitamin B1: 0.02mg (1.6%)