

Fried Ice Cream

Servings: 6

6 scoops chocolate or vanilla ice cream

1 cup graham cracker crumbs

1/4 teaspoon cinnamon

1 egg

1 tablespoon milk

Oil for deep frying

Chocolate topping

Honey

Cook Time:

Scoop ice cream into balls; cover and place in freezer until very firm, at least 3 hours.

Combine graham cracker crumbs and cinnamon. Quickly roll ice cream ball into crumb mixture and return to freezer. Beat egg and milk until well blended. Quickly roll coated ice cream balls into egg mixture, then crumbs again and return to freezer. Freeze for 1-2 hours.

Heat oil to 375° in a deep fat fryer or saucepan. Using a slotted spoon, lower one ice cream ball at a time into the hot oil. Fry until coating begins to brown, 10-15 minutes. Serve immediately, with chocolate topping and/or honey.

Per Serving (excluding unknown items): 73 Calories; 2g Fat (28.6% calories from fat); 2g Protein; 11g Carbohydrate; trace Dietary Fiber; 36mg Cholesterol; 98mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1/2 Fat.