



Open-Faced Ice Cream Sandwich



Entire recipe: 146 calories, 4.5g total fat (2g sat. fat), 260mg sodium, 24.5g carbs, 4g fiber, 6.5g sugars, 5g protein

Prep: 5 minutes **Cook:** 5 minutes

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Ingredients

- 1 top half of a small hamburger bun
- 1 tsp. light butter
- 2 dashes cinnamon
- 1/3 cup [Enlightened Salted Caramel Cookie Light Ice Cream](#)
- Optional: light whipped topping

Directions

Spread butter on the bun half, and sprinkle with a dash of cinnamon.

Bring a skillet sprayed with nonstick spray to medium heat. Place bun in the skillet, buttered side down. Sprinkle the remaining dash of cinnamon on the top of the bun.

Cook until golden brown, about 2 minutes per side.

Top with ice cream.

MAKES 1 SERVING

HG Tip: Try this recipe with other flavors of Enlightened Light Ice Cream too!

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