

Ice Cream Sandwich Dessert (submitted by Tren Conner)

- 1 1/2 tsp instant coffee granules
- 1 packet sugar substitute
- 2 TBSP hot water
- 1 (8-oz) container fat-free frozen whipped topping, thawed
- 6 no-sugar added reduced fat ice cream sandwiches
- 1 (2.75-ounce) package sugar free chocolate wafer bars, coarsely chopped

Dissolve coffee and sugar packet in hot water, stirring well; let cool slightly. Fold coffee mixture into whipped topping. Set aside

Arrange 6 ice cream sandwiches in bottom of an 11 x 7 x 1- 1/2 baking dish. Spread whipped topping evenly over sandwiches. Sprinkle with chopped wafer bars. Cover and freeze 2 hours or until firm. To serve, cut in squares and serve immediately.

Per serving:
sugar free
calories - 135
Fat - 3.0 g
Exchanges: 1 starch, 1/2 carbohydrate, 1/2 fat

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