

Pareve “Fried” Ice Cream

Tanya’s fried ice cream invention (cravings get you creative)

Ice Cream Ingredients:

- 16 ounces Rich’s Whipped Topping
- ½ cup any artificial sweetener
- 2 teaspoons vanilla extract
- 5 egg whites

Topping Ingredients:

- 2 cups crushed cornflake crumbs
- 1 teaspoon cinnamon powder
- 3 egg whites

Instructions:

Whisk the 5 egg whites.

Mix in the whipped topping, sweetener and vanilla extract, and freeze.

Once frozen, form the ice cream into balls.

After the balls harden in the freezer, whisk 3 egg whites in a bowl.

In a separate bowl, mix together the crushed cornflake crumbs and cinnamon powder.

Dip the balls first into the egg and then into the crumbs.

Freeze right away for 3-4 hours.

Right before you’re ready to eat:

Spray each ball generously with cooking spray as well the baking pan.

Bake the ice cream balls in a preheated oven at 500°F.

Or “fry” in an air fryer.

Serving suggestion:

Serve with warm apple

Counts as: Treat

