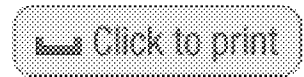




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Chocolate-Cinnamon Ice Cream Sandwiches

In Mexico, traditional hot chocolate is often spiced with cinnamon. Weve adapted the flavor combination in these Atkins style frozen treats.

Ingredients

- [1/4 cup Atkins Chocolate Shake Mix](#)
- 1/2 cup heavy cream
- 1/2 teaspoon ground cinnamon
- [4 Atkins Chocolate Brownie Advantage Bars](#)

Directions

1. Cut 4 pieces of aluminum foil into 8" squares. Blend shake mix, cream, and cinnamon in a blender or shaker until very smooth. Transfer to a bowl.
2. With a serrated knife, cut each Advantage bar in half lengthwise. Spread shake mix mixture evenly over four halves. Top with remaining halves. Wrap each sandwich in a piece of foil. Place in freezer at least 4 hours, or until very firm.

[IN BRIEF]

Prep time: 4 h 5 min

[NUTRITION PER SERVING]

Carbohydrates: 4 grams

Net Carbs: 3 grams

Fiber: 1 grams

Protein: 24.5 grams

Fat: 26 grams

Calories: 393



You can find this article at:

http://www.atkinscenter.com/food/recipes/all/ChocolateCinnamon_Ice_Cream_Sandwiches.

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