Ginormous Creamy Frozen Caramel Crunchcake

Entire recipe: 148 calories, 2.5g total fat (2.5g sat. fat), 68mg sodium, 29.5g carbs, 0g fiber, 11.5g sugars, 2g protein

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Prep: 5 minutes
Freeze: 1 hour

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Ingredients

1/4 cup frozen natural light whipped topping, thawed
Dash cinnamon, or more to taste
2 caramel-flavored rice cakes

Directions

In a small bowl, mix whipped topping with cinnamon. Spread onto one rice cake.

Gently top with the other rice cake, pressing lightly to adhere.

Freeze until filling is solid, at least 1 hour.

MAKES 1 SERVING

HG FYI: A previous version of this recipe may have called for slightly different ingredients, but we've given it an upgrade! Nutritional info may vary accordingly.

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