



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

Green Plan [SmartPoints](#)® value 7*

Blue Plan (Freestyle™) [SmartPoints](#)® value 7*

Purple Plan [SmartPoints](#)® value 7*

Prep: 5 minutes

Freeze: 1 hour



Tagged: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [Single Serving](#), [5 Ingredients or Less](#)

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.

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.