

# Mexican Ice Cream

Yield: 4 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/patti-mexican-cookie-recipe-frosted-flakes>

## Ingredients:

- 2 cups vanilla ice cream
- 2/3 cup frosted flakes crushed
- 1/4 cup sugar
- 1 teaspoon canela
- honey to drizzle

## Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 30 milligrams
4. Fat: 7 grams
5. Fiber: 1 grams
6. Protein: 3 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 55 milligrams
9. Sugar: 29 grams

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