

Foodnity Recipes

Strawberry Ice Cream Sandwiches

20 min Prep time	**20 min** Total time	**8** Servings
Easy Difficulty	**American** Cuisine	

Ingredients

For the Strawberry Ice Cream

- [ ] 2 cups fresh strawberries, hulled and sliced
- [ ] 1 cup whole milk
- [ ] 1/2 cup heavy cream
- [ ] 1/4 cup honey
- [ ] 1 tsp vanilla extract

For the Cookies

- [ ] 1/2 cup unsalted butter, softened
- [ ] 1/3 cup granulated sugar
- [ ] 1/3 cup brown sugar
- [ ] 1 large egg
- [ ] 1 tsp vanilla extract
- [ ] 1 1/2 cups all-purpose flour
- [ ] 1/2 tsp baking powder
- [ ] 1/4 tsp salt
- [ ] Zest of 1 lemon

Instructions

1. Blend strawberries, milk, cream, honey, and vanilla until smooth, then pour into a shallow pan and freeze, stirring every 30 minutes until thick.
2. Cream butter with both sugars until light, add egg and vanilla, then mix in flour, baking powder, salt, and lemon zest just until combined.
3. Drop rounded tablespoons onto a parchment sheet, bake at 350°F for 10-12 minutes until pale gold; let cool completely.
4. Scoop a generous spoonful of frozen strawberry ice cream onto the flat side of a cookie, top with another cookie and press lightly; repeat.
5. Arrange sandwiches on a tray, cover tightly, and freeze for at least one hour before serving.

Nutrition per serving

210 kcal	3 g	28 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the ice cream is too hard, let it sit 5 minutes at room temperature before scooping.
- A dusting of powdered sugar adds a pretty finish and a slight extra sweetness.
- For extra berry flavor, swirl a spoonful of strawberry jam into the ice cream before freezing.