

# DEEP “UN-FRIED” ICE CREAM

Recipe by [Peas in a Blog](#)



## INGREDIENTS

- 1 Small pint of your favorite Ice Cream (They used Dulce de Leche...***I used Vanilla Bean***)
- 1 Small box or container of Corn Flakes Cereal (...***I used gluten free***)
- 1 TBS Brown Sugar (...***I used coconut sugar***)
- 1 TSP Ground Cinnamon
- Parchment or Wax Paper
- Zip-Lock Bag
- Your favorite topping sauce (Caramel, Hot Fudge, Honey, chocolate shell, whatever you like. ***I used vegan Hard Chocolate Shell***)

Cover a large plate or cookie sheet with some parchment or wax paper. With an ice cream scoop, try to get good circular scoops and place them on top of the paper (***I used my hands to reform the balls into nice circles once I had scooped them***). Place the plate with scoops in the freezer for at least 10 minutes (***I prepped them ahead of time and left them in the freezer for 2-3 hours***).

In the meantime, pour the package of corn flakes into zip-lock bag along with the sugar & cinnamon, close the bag. Have fun by crushing the flakes until they're almost powder form (its up to you the texture you'd like on the scoops), mixing them with the sugar & cinnamon. Once you've reached your desired texture pour contents onto a plate. ***Note - this will make A LOT of topping, so you will have more for later...yay!***

Take scoops out of the freezer. Place a scoops on the mixture plate and coat, one by one. Serve drizzled with your favorite topping sauce. Add cinnamon sticks or fruits for garnish. ***Note - I played around with making them different ways by putting the hard shell on some of them before coating them with the corn flakes (you will have to work quickly) and for others I rolled them in the corn flakes and then covered them with the hard shell afterwards. Both were amazing!***

<http://peasinablog.com/recipes/desserts/fried-ice-cream/>