

TIM FARMER'S COUNTRY KITCHEN

FRIED ICE CREAM

Vanilla ice cream

Frosted Cereal

Cinnamon

4 eggs whites



Scoop ice cream into balls and place on parchment paper on baking sheet. Place in freezer for 4 hours, uncovered. Crush cereal and stir in cinnamon. Separate 4 egg whites in separate bowl. Heat oil to 350 degrees. Dip ice cream ball in egg mixture and then coat with cereal. Drop in oil for 1 minute or less, remove and drain on paper towel. Top with chocolate or caramel if desired. Eat immediately.