

Banana Split Dessert – V F

Brought to you by Holly Clegg and Eating Well Through Cancer

This scrumptious banana split layered dessert includes all the makings of a sundae.

16 servings/serving size: 1 piece

2 cups graham cracker crumbs (about 32 squares)
6 tablespoons margarine or butter, melted
1 (12-ounce) can cold evaporated fat free milk
1/4 cup cold skim milk
2 (4-serving) packages instant vanilla pudding and pie filling mix
2 medium firm bananas, sliced
1 (20-ounce) can unsweetened crushed pineapple, drained
1 (8-ounce) container fat free frozen whipped topping, thawed
1/4 cup chopped walnuts
4 tablespoons chocolate syrup
5 maraschino cherries, quartered

1. Preheat oven 375°F. Combine cracker crumbs and butter and press onto bottom of 13x9x2-inch baking dish coated with nonstick cooking spray. Bake 7 - 10 minutes or until browned. Cool completely.
2. In bowl, whisk evaporated milk, milk and pudding mixes 2 minutes or until slightly thickened. Spread pudding evenly over crust.
3. Layer with bananas, pineapple, and whipped topping. Sprinkle with nuts; drizzle with chocolate syrup. Top with cherries. Refrigerate for at least one hour before cutting.

Nutrition information per serving

Calories 228, Protein (g) 3, Carbohydrate (g) 38, Fat (g) 7, Calories from Fat (%) 27, Saturated Fat (g) 1, Dietary Fiber (g) 1, Cholesterol (mg) 1, Sodium (mg) 332, Diabetic Exchanges: 2 starch, 1/2 fruit, 1 fat

DOC'S NOTES: Pineapple and bananas provide vitamin C while the bananas are a good source of potassium and B6.