

Banana Split Ice Cream Pie

*All-Time Favorites - 2013 Cookbook
Better Homes and Gardens Magazine*

Servings: 10

1 purchased reduced-fat graham cracker crumb pie shell
1 egg white lightly beaten
1 1/2 cups low-fat or light chocolate ice cream
1 1/2 cups low-fat or light vanilla ice cream
1 large banana, sliced
1 cup sliced fresh strawberries
2 tablespoons reduced-calorie chocolate-flavor syrup
2/3 cup frozen light whipped dessert topping (optional), thawed

Preparation Time: 25 minutes

Freeze Time: 4 hours

Preheat the oven to 375 degrees. Brush the pie shell with the egg white. Bake for 5 minutes. Cool on a wire rack.

In a chilled small bowl, stir the chocolate ice cream with a wooden spoon just until softened. Spread the chocolate ice cream in the bottom of the pie shell.

In another chilled small bowl, stir the vanilla ice cream just until softened. Spread the vanilla ice cream evenly over the chocolate ice cream. Cover and freeze for at least four hours or until firm.

To serve, arrange the banana and strawberry slices on top of the ice cream layers. Drizzle with the chocolate syrup, if desired. Top each serving with whipped topping.

Per Serving (excluding unknown items): 11 Calories; trace Fat (4.2% calories from fat); trace Protein; 3g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 0 Fruit.

Desserts

Per Serving Nutritional Analysis

| | | | |
|--------------------------------|-------|--------------------|-------|
| Calories (kcal): | 11 | Vitamin B6 (mg): | .1mg |
| % Calories from Fat: | 4.2% | Vitamin B12 (mcg): | 0mcg |
| % Calories from Carbohydrates: | 91.8% | Thiamin B1 (mg): | trace |

% Calories from Protein: 4.0%
Total Fat (g): trace
Saturated Fat (g): trace
Monounsaturated Fat (g): trace
Polyunsaturated Fat (g): trace
Cholesterol (mg): 0mg
Carbohydrate (g): 3g
Dietary Fiber (g): trace
Protein (g): trace
Sodium (mg): trace
Potassium (mg): 47mg
Calcium (mg): 1mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 1mg
Vitamin A (i.u.): 10IU
Vitamin A (r.e.): 1RE

Riboflavin B2 (mg): trace
Folacin (mcg): 2mcg
Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 11 **Calories from Fat:** 0

% Daily Values*

| | | |
|----------------------------|---------------------|----|
| Total Fat | trace | 0% |
| | Saturated Fat trace | 0% |
| Cholesterol | 0mg | 0% |
| Sodium | trace | 0% |
| Total Carbohydrates | 3g | 1% |
| | Dietary Fiber trace | 1% |
| Protein | trace | |
| <hr/> | | |
| Vitamin A | | 0% |
| Vitamin C | | 2% |
| Calcium | | 0% |
| Iron | | 0% |

* Percent Daily Values are based on a 2000 calorie diet.