

Banana Split Pie

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Scripps Treasure Coast Newspapers

Servings: 10

1 box (16-1/2 ounce) strawberry cake mix
1 whole egg
3 egg yolks
1 tablespoon butter, softened
1 cup sliced strawberries
1 quart vanilla ice cream, softened
1 cup sliced bananas
1 quart chocolate ice cream, softened
1 cup frozen whipped topping, thawed
chocolate sprinkles or mini chocolate chips (for garnish)

In the bowl of a stand mixer, combine the cake mix, eggs and butter. Beat on medium speed until blended. Place the mixture on a piece of plastic wrap and wrap tightly. Refrigerate for one hour.

Preheat the oven to 350 degrees.

Divide the dough in half. (You can make a second crust out of the remaining dough, or bake as cookies.)

Spray a nine-inch pie plate with nonstick spray. Press the dough into the bottom and up the sides. Prick all over (including the sides) with a fork.

Bake for 20 to 24 minutes, until the crust begins to brown. Let cool completely on a rack. (if the dough puffed up during baking, press it down with the back of a spoon while warm.)

Put the strawberries in a single layer on the bottom of the pie shell. Spread the vanilla ice cream on top. Layer banana slices on top of the ice cream. Spread the chocolate ice cream to cover. Cover with plastic wrap and freeze until firm.

Before serving, top with the whipped topping and garnish with the sprinkles or chocolate chips.

CREATE YOUR OWN CRUST AND ICE CREAM COMBINATIONS:

*** chocolate cake crust + vanilla ice cream + crushed chocolate sandwich cookies (for garnish)*

*** yellow cake crust + coffee ice cream + peanuts (for garnish)*

*** confetti cake crust + chocolate ice cream + sprinkles (for garnish)*

USE IT UP

Make cookies with the remaining pie crust dough. Stir in chocolate chips, raisins or nuts. Roll into tablespoon size balls. Place on a baking sheet and flatten slightly. Bake 12 to 15 minutes at 350 degrees.

Per Serving (excluding unknown items): 273 Calories; 15g Fat (47.1% calories from fat); 5g Protein; 32g Carbohydrate; 1g Dietary Fiber; 127mg Cholesterol; 102mg Sodium. Exchanges: 0 Lean Meat; 1/2 Fruit; 3 Fat; 2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	273	Vitamin B6 (mg):	.2mg
% Calories from Fat:	47.1%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	45.2%	Thiamin B1 (mg):	trace
% Calories from Protein:	7.7%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	15g	Folacin (mcg):	26mcg
Saturated Fat (g):	9g	Niacin (mg):	trace
Monounsaturated Fat (g):	4g	Caffeine (mg):	2mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	127mg	% Refused:	n n%
Carbohydrate (g):	32g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	5g	Lean Meat:	0
Sodium (mg):	102mg	Vegetable:	0
Potassium (mg):	334mg	Fruit:	1/2
Calcium (mg):	138mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	3
Zinc (mg):	1mg	Other Carbohydrates:	2
Vitamin C (mg):	11mg		
Vitamin A (i.u.):	620IU		
Vitamin A (r.e.):	177 1/2RE		

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 273 Calories from Fat: 129

% Daily Values*

Total Fat 15g	23%
Saturated Fat 9g	43%
Cholesterol 127mg	42%
Sodium 102mg	4%
Total Carbohydrates 32g	11%
Dietary Fiber 1g	5%
Protein 5g	
Vitamin A	12%
Vitamin C	19%
Calcium	14%
Iron	5%

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