

Dessert

Banana Split Pops

Krystina Castella

icy pops.com

1/2 banana for each pop, cut crosswise

1 1/2 cups vanilla ice cream

1/3 cup pineapple topping

1 1/2 cups chocolate ice cream

1/3 cup chocolate fudge topping

1 1/2 cups strawberry ice cream

1/3 cup strawberry topping

whipped cream

1 marachino cherry for each pop

1/4 cup walnuts, chopped

Paper cups (3 oz ea) for each pop

Stick the banana halves onto the pop sticks. Place the bananas and stick into the 3-ounce paper cups.

Divide the strawberry topping on top of the bananas in each paper cup mold.

Freeze for 1 hour.

Divide the strawberry ice cream into each cup.

Divide the pineapple topping on top of the strawberry ice cream in each cup.

Freeze for 1 hour.

Divide the vanilla ice cream on top of the pineapple topping.

Divide the chocolate fudge topping on top of the vanilla ice cream.

Add the chocolate ice cream to each cup.

Freeze for 6 hours.

Peel off and discard the paper cups.

Top each pop with whipped cream, nuts and a cherry.

Serve immediately.

Per Serving (excluding unknown items): 1680 Calories; 78g Fat (39.9% calories from fat); 29g Protein; 235g Carbohydrate; 4g Dietary Fiber; 212mg Cholesterol; 452mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 15 Fat; 15 1/2 Other Carbohydrates.