

**Dessert**

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# **Caramel Corn Banana Split Sundae**

Publix Apron's

**Servings: 4**

**4 cups chocolate with chocolate chunk light ice cream**  
**2 cups Crunch 'n Much Caramel Popcorn with peanuts, crushed**  
**4 medium bananas, split lengthwise then cut in half crosswise**  
**2 cups strawberries, sliced**  
**1/2 cup lite chocolate syrup**  
**Reddi-wip whipped topping**  
**marachino cherries (optional)**

Line a tray or plate with waxed or parchment paper.

Scoop the ice cream into eight balls, using a 1/2 cup ice cream scoop. Place the balls on the tray. Freeze until firm, about 30 minutes.

Working quickly, remove the ice cream balls from the freezer and roll in the crushed popcorn, pressing the popcorn onto the balls to coat evenly. Return to the freezer and freeze for 1 hour or until firm.

Place one ice cream ball into the center of each dessert dish.

Place one piece of banana on each side of the ice cream.

Top with 1/4 cup of strawberries.

Drizzle with one tablespoon of chocolate syrup and top with a serving of whipped cream.

Garnish with a cherry, if desired.

Serve immediately.

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Per Serving (excluding unknown items): 131 Calories; 1g Fat (5.0% calories from fat); 2g Protein; 33g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 2 Fruit.