

**Dessert**

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# **Banana Split Icebox Cake**

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**Servings: 10**

**Preparation Time: 30 minutes**

**1 carton (16 oz) frozen whipped topping, thawed**

**1 cup (8 oz) sour cream**

**1 package (3.4 oz) instant vanilla pudding mix**

**1 can (8 oz) crushed pineapple , drained**

**24 whole graham crackers**

**2 medium bananas, sliced**

**chocolate syrup (for topping)**

**halved fresh strawberries (for topping)**

**additional banana slices (for topping)**

In a large bowl, mix the whipped topping, sour cream and pudding mix until blended. Fold in the pineapple.

Cut a small hole in the corner of a pastry or plastic bag. Fill with the pudding mixture.

On a flat serving plate, arrange four crackers in a rectangle.

Pipe about one cup of the pudding mixture over the crackers. Top with about 1/4-cup of the banana slices.

Repeat the layers five times.

Cover and refrigerate overnight.

Before serving, top with chocolate syrup, strawberries and banana slices.

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Per Serving (excluding unknown items): 142 Calories; 7g Fat (40.9% calories from fat); 2g Protein; 19g Carbohydrate; 1g Dietary Fiber; 10mg Cholesterol; 114mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Fruit; 0 Non-Fat Milk; 1 1/2 Fat.