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“Banana Split Pie”

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 Dairy Council of Utah/Nevada

Fun party dessert; half cream pie, half banana split, but all “tasty!”
 Serves 8

Ingredients:

- 1 baked 9” pie crust
- 3/4 cup chocolate fudge topping
- 3 1/2 cups strawberry ice cream
- 2 cups French vanilla pudding*
- 3 medium Bananas
- Chocolate syrup
- Mint leaves, optional garnish

Method:

Partially warm fudge topping; warm enough to make topping spreadable. Spread in bottom of baked pie shell. Place in freezer to chill thoroughly. Soften ice cream to the point it may be spooned into cooled pie shell on top fudge. Cover and freeze until firm.

Prepare pudding according to homemade recipe or according to packaged pudding mix directions. Chill to set.

To serve, drizzle pie with chocolate syrup, spoon pudding over top and arrange with sliced bananas. Garnish with mint leaf, if desired

*NOTES: Recipe is best if pudding is made from scratch. For speed, use instant French Vanilla pudding mix. Prepare pudding according to package directions. Chill completely.



Nutrition Facts	
Serving Size 1/8 slice (225g)	
Servings Per Container 8	
Amount Per Serving	
Calories 440	Calories from Fat 140
% Daily Value*	
Total Fat 16g	25%
Saturated Fat 8g	38%
Cholesterol 30mg	9%
Sodium 430mg	18%
Total Carbohydrate 70g	23%
Dietary Fiber 2g	10%
Sugars 49g	
Protein 7g	
Vitamin A 6%	Vitamin C 15%
Calcium 20%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	