

Betty's Heavenly Banana and Strawberry Dessert Recipe



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In this video, Betty demonstrates how to make her Heavenly Banana and Strawberry Dessert recipe. As demonstrated, you can make a lower-fat, lower-sugar (and thus lower-calorie!) version of this recipe, but I am giving you the original recipe below. Make adjustments as you choose! For best results, use the recipe below. Enjoy!

Ingredients:

- 2 cups self-rising flour
- 2 sticks of margarine, melted
- 1 cup chopped pecans
- 8 oz. cream cheese, softened
- 2 cups confectioner's sugar
- 8 oz. whipped topping (Cool Whip is fine), thawed
- 4 bananas, sliced
- 1 quart strawberries, washed and sliced in half
- 12.75 oz. carton strawberry glaze

In a large mixing bowl, combine 2 cups flour, 2 sticks of melted margarine, and 1 cup chopped pecans. Mix until you have a "cookie" dough. Drop large spoonfuls of dough into a 13 inch by 9 inch by 2 inch Pyrex dish. Use your hands to smooth the dough out evenly over the bottom of the dish, getting to all corners, making a crust for your dessert. Bake the crust for 15 minutes in an oven that has been preheated to 400 degrees. Cool. (You may speed up the cooling process by placing the cooked crust in your refrigerator for about an hour--after it cools a bit initially). When the crust is cool, begin making the filling. In a large mixing bowl, mash 8 oz. cream cheese with a fork until smooth. Add 2 cups of confectioner's sugar, and stir with the cream cheese until blended. Now, fold in the thawed 8 oz. carton of whipped topping. Next, add 4 sliced bananas and stir gently until combined. Pour this banana layer over the top of the cooled crust. Now, prepare your topping. Place 1 quart of washed, halved strawberries in a medium to large mixing bowl. Add in a 12.75 oz. carton of strawberry glaze. Stir gently to combine. Place this strawberry mixture on top of the banana mixture in your Pyrex dish. You will need to drop the strawberry mixture by spoonfuls and then gently smooth it out, in order not to disturb the banana layer. Cover the finished dessert with plastic wrap and place in the refrigerator at least 4 hours. (Overnight is better, for stability and for pretty serving pieces.) To serve, cut into desired squares and place on a dessert plate. Looks and tastes heavenly!