

Betty's Sauced-Topped Banana Split



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In this video, Betty demonstrates how to make a Sauced-Topped Banana Split. Three scoops of vanilla ice cream are placed on top of a split banana. The ice cream scoops are topped with hot butterscotch sauce, hot fudge sauce, and hot peanut butter sauce. A rosette of Reddi-Wip is placed on top of each sauce-topped scoop, and then chopped salted peanuts and maraschino cherry halves are used to adorn the banana split. Ummmm! Summertime Heaven in a dish!!!

Ingredients (for one banana split):

- 1 fresh, ripe banana, peeled and halved lengthwise
- 3 scoops vanilla ice cream
- hot butterscotch sauce (You can find a recipe for this in bettyskitchen, or use a jarred variety.)
- hot fudge sauce (You can find a recipe for this in bettyskitchen, or use a jarred variety.)
- hot peanut butter sauce (You can find a recipe for this in bettyskitchen.)
- Reddi-Wip (This is a name brand whipped topping from a can; I used a generic brand.)
- salted peanuts, chopped to desired size (I used an electric kitchen chopper to get these chopped.)
- maraschino cherry halves

Place the two banana halves in a bowl or dish. (An elongated dish is best.) Place 3 scoops of vanilla ice cream on top of the banana, evenly spaced. Drizzle a small amount of hot butterscotch sauce over one scoop of ice cream, hot fudge sauce over another scoop, and hot peanut butter sauce over the third scoop. Squirt a rosette of Reddi-Wip on top of each of the three ice cream scoops. Sprinkle chopped, salted peanuts over all of the top, as desired, and finally arrange several maraschino halves along the top, as desired. This is definitely not diet food, but I think you will love it as a cool summer treat, if you can afford the calories! (You can make adaptations to this recipe with sugar free and fat free items and use smaller amounts or omit items like peanuts, in order to lower the calories.) This is also a fun project to do with children, letting them choose their own toppings, under your supervision. Happy Summer! and Enjoy!!! --Betty ☐