



Frozen Banana and Cookie Dessert

from *trim&TERRIFIC® Too Hot in the Kitchen Cookbook*

Four ingredients, bananas, whipped topping, cookies and coffee liqueur create this trouble-free, yet, awesome dessert. Make ahead and freeze.

Makes 2 servings

3 chocolate chunk cookies
2 tablespoons coffee liqueur
1 large banana, sliced
1/3 cup fat-free frozen whipped topping, thawed
Cocoa or chocolate shavings

1. Quickly dip each cookie in shallow bowl with liqueur, break in large pieces. Place half of dipped cookies in bottom of two dessert dishes.
2. Layer with half banana slices in each dish and half whipped topping. Repeat layers ending with dollop of whipped topping. Freeze if desired or can refrigerate until serving. Sprinkle with cocoa, if desired.

Nutritional information per serving:

Calories 348 Calories from fat 28% Fat 11g Saturated Fat 4g Cholesterol 15mg Sodium 129mg
Carbohydrate 52g Dietary Fiber 2g Sugars 31g Protein 4g Dietary Exchanges: 1 fruit, 2 1/2 other
carbohydrate, 2 fat

Spicy Advice: This extraordinary dessert would be one to make for a crowd as it is make-ahead, delicious and refreshing. Just four times it or whatever amount servings you need—make in 9x9x2 inch pan and cut into servings.