
Coconut Cream Dessert

Arloa Koning

Nettles Island Cooking in Paradise - 2014

1/2 cup nuts

1 cup flour

1/4 cup margarine

2 packages instant coconut cream pudding

2 cups milk

1 quart vanilla ice cream, softened

non-dairy frozen whipped topping

coconut flakes, toasted

In a bowl, mix the nuts, flour and margarine. Place the mixture into a 9x12-inch pan.

Bake at 400 degrees for 15 minutes.

Remove and stir. Press into the bottom and sides of the pan.

In a bowl, mix the pudding with the milk. Add the softened ice cream. Beat together. Pour over the crust.

Cover with the whipped topping. Sprinkle with the coconut.

Dessert

Per Serving (excluding unknown items): 2660 Calories; 161g Fat (53.2% calories from fat); 60g Protein; 258g Carbohydrate; 11g Dietary Fiber; 299mg Cholesterol; 1205mg Sodium. Exchanges: 7 Grain(Starch); 1 1/2 Lean Meat; 2 Non-Fat Milk; 30 1/2 Fat; 8 1/2 Other Carbohydrates.