

Summer Berry Trifle

Prep Time: 15 minutes
Cooking Time: 0 minutes
Servings: 2

Ingredients:

1 prepared Angel Food cake, cubed-divided
2 ½ cups cold fat-free milk
2 pkg (4 serving size) Sugar free instant vanilla pudding
1 ½ cups fat free Cool Whip-divided
3 cups mixed berries

Directions:

1. Mix pudding mix and milk in a large bowl. Beat for 2 minutes.
2. Gently fold in 1 cup Cool Whip.
3. Place ½ angel food cake cubes in a large bowl.
4. Top with ½ pudding/Cool Whip mixture.
5. Top with 1 ½ cups berries.
6. Repeat steps 3, 4 and 5.
7. Top with remaining ½ cup Cool Whip.
8. Refrigerate for at least 2 hours prior to serving.

Nutritional Information:

100 calories; 1g fat(sat 1g,); 2g PROTEIN; 21g CARBOHYDRATE; 1g FIBER; 0mg CHOLESTEROL; 290mg SODIUM; 8% DV CALCIUM; 4% DV IRON.