

TRIPLE BERRY TRIFLE



ingredients:

- 2 ounces fat-free, sugar-free, vanilla-flavored instant pudding mix
- 4 cups nonfat milk
- 1 angel food cake (12 ounces), torn into 1-inch pieces
- 2 cups strawberries, sliced in half, divided
- 1 cup raspberries, divided
- 1 cup blueberries, divided
- 6.5-ounce can of fat-free whipped topping

directions:

1. Add pudding mix and milk to a large bowl. Whisk for 2 minutes and let sit for 5 minutes.
2. Place half of the angel food cake pieces in a trifle dish.
3. Layer half of the pudding mixture over the angel food cake pieces.
4. Layer half of the whipped topping over the pudding.
5. Using half of the sliced strawberries, line the bowl with strawberry halves and sprinkle the rest over the whipped topping, along with half of the raspberries and half of the blueberries.
6. Repeat steps 2 through 4 with the other half of angel food cake, pudding and whipped topping.
7. Arrange the remaining strawberries, raspberries and blueberries on top of the whipped topping.
8. Refrigerate for 2 to 3 hours before serving.

Yield: 10 servings

Nutrition Information Per Serving:

187 Calories
1.5 grams Fat
1 gram Saturated Fat
5 mg Cholesterol
352 mg Sodium
37 grams Carbohydrates
2.5 grams Fiber
7 grams Protein

Food exchanges:
1 bread, 1/2 milk, 1 fruit,
1/2 fat



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