

FRUIT TRIFLE

Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 1/24

Nutrition (per serving)

Calories: 140

Total Carbohydrate: 30

Total Fat: 1 g

Dietary Fiber: 0.5 g

Saturated Fat: 0 g

Protein: 3 g

Sodium: 205 mg

Ingredients

1 10-inch angel food cake

1 (15.25oz can) crushed pineapple, drained

1 (11oz) can mandarin oranges, drained

1 package vanilla instant pudding

1 container fat free whipped topping

1/4 cup chopped nuts

Maraschino cherries (optional)

Directions

1. Cut cake into halves. Freeze one half for future use.
2. Cut other half into small cubes, set aside.
3. Mix pineapple and oranges together in a small bowl.
4. Prepare pudding as directed on the package, using skim milk.
5. Layer half of the cake, fruit mixture and pudding in a 2-quart serving bowl; repeat.
6. Top with whipped topping. Sprinkle with nuts. Garnish with cherries if desired.
7. Refrigerate at least 2 hours before serving.