

# 4TH OF JULY BERRY TRIFLE

*Lower Saturated Fat, Lower Sodium, Vegetarian*

*Serves: 10 (Serving = 1 cup)*

## **Nutrition (per serving)**

Calories: 170	Total Carbohydrate: 30
Total Fat: 5 g	Dietary Fiber: 2 g
Saturated Fat: 2.5 g	Total Sugars: 15 g
Sodium: 160 mg	Added Sugars: 4 g
	Protein: 2 g

## **Ingredients**

- $\frac{3}{4}$  cup diet cola
- $\frac{1}{2}$  cup skim milk
- 1 - 1 ounce package sugar free, fat free vanilla pudding mix
- 1 - 8 ounce tub lite whipped topping

- 32 vanilla wafers
- 2  $\frac{1}{4}$  cups strawberries, sliced (reserve  $\frac{1}{4}$  cup for topping)
- 2 pints blueberries (reserve  $\frac{1}{4}$  cup for topping)

4th of July Berry Trifle

## Directions

1. In a medium bowl, whisk together diet cola, milk and pudding until thickened (almost pudding like). Fold in whipped topping.
2. Layer  $\frac{1}{2}$  of the vanilla wafers in the bottom of trifle dish. Cover and spread 1 cup of whipped topping mixture over the wafers.
3. Next, layer blueberries (1 pint) then strawberries (1 cup).
4. Repeat layers: vanilla wafers, 1 cup whipped topping mixture, 1 pint blueberries, 1 cup strawberries.
5. Top with remaining whipped topping mixture and spread evenly to cover.
6. Decorate the top of the trifle to your liking with reserved fruit.