

Tropical Trifle

- 1 pre-made angel food cake
- 1 (3.4 ounces) package instant vanilla pudding
- 2 cups fat free milk
- 8 ounces fat free vanilla yogurt*
- 1 (8 ounces) carton fat free whipped topping
- 2 cups sliced fruits**

Makes 30 portions, ½ cup each

Per portion

Calories:	79
Carbohydrate:	17 grams
Protein:	2 grams
Fat:	0
Saturated fat:	0
Cholesterol:	1 milligram
Sodium:	177 milligrams
Dietary fiber:	0

This recipe is good for serving a large group of people.

1. Crumble cake into bite size pieces.
2. Make pudding according to directions on box (mix with 2 cups of fat free milk). Mix prepared pudding with yogurt and whipped topping.
3. If using fresh fruit, wash it.
4. Slice fruit into bite size pieces.
5. In a large serving dish, cover bottom with pieces of cake. Spread fruit on top. Spread pudding mixture on top.
6. Continue layering ingredients in this order until all ingredients are used; making sure the last layer on top is the pudding mixture.
7. Refrigerate until ready to serve.

*Flavored fat free yogurt can be used in place of vanilla yogurt. Match flavor of yogurt to the chosen fruit.

**Good fruit to use: canned mandarin orange sections, fresh strawberries, blueberries, blackberries, raspberries
One type of fruit or any desired combination of fruit can be used when making the trifle.