

Red, White, and Blueberry Trifle

Serves: 4

Ingredients

- 2 cups cubed angel food cake
- 8-oz. carton vanilla low-fat yogurt
- ¼ of an 8-oz. container frozen light whipped dessert topping, thawed
- 1 cup mixed berries (try red raspberries, blueberries, and sliced strawberries)

Divide angel food cake cubes among 4 dessert dishes.

In a small mixing bowl, fold together yogurt and whipped topping.

Dollop yogurt mixture atop cake cubes.

Sprinkle with berries.

Per serving: 136 calories, 3 g total fat, 2 g saturated fat, 4 mg cholesterol, 147 mg sodium, 24 g carbohydrate, 1 g fiber, 4 g protein.