

Strawberry Cream Trifle

- 1 loaf Angel food cake (10.5 oz)
- 1 $\frac{3}{4}$ c Water, boiling
- 1 pkg. Strawberry flavored gelatin, sugar-free (.6 oz.)
- 2 c Ice cubes
- 1 tub Whipped topping, fat-free, thawed (8 oz.)
- 2 c Strawberries, sliced
- 2 Strawberries, whole for garnish

1. SLICE angel food loaf into cubes.
2. STIR boiling water into gelatin in large bowl at least 2 minutes until completely dissolved. ADD ice cubes; STIR until melted.
3. ADD whipped topping and sliced strawberries; STIR gently until well blended.
4. PLACE in refrigerator for 20-25 minutes or until mixture is thick.
5. PLACE $\frac{1}{2}$ of angel food cake cubes in bottom of trifle dish. Gently PLACE $\frac{1}{2}$ strawberry cream mixture over cake cubes.
6. LAYER remaining cubes over strawberry mixture then remainder of cream mixture.
7. GARNISH with strawberries.
REFRIGERATE for 3 hours or until firm.

Makes 16- $\frac{1}{2}$ c servings

Nutrition Information: 80 calories, 0 g fat, 0 mg cholesterol, 170 mg sodium, 17 g carbohydrates, 1 g fiber, 2 g protein

Chickasaw Nation Nutrition Services

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