



English Trifle

This is a colorful layered dessert that everyone will love! And now you can enjoy a lighter, low-sugar version for the holiday!

- 1 9-inch angel food cake, cut into bite-sized pieces -OR-
- 1 7-ounce package of lady fingers
- 4 cups cold low-fat or fat-free milk
- 2 1-ounce packages of fat- and sugar-free vanilla pudding mix
- 1 cup sliced strawberries
- 1 cup mixed berries and/or chopped fruit (peaches, pineapple, banana)
- 1 8-ounce container of light whipped topping
- Optional: ½ cup toasted chopped pecans or walnuts or sliced almonds

Layer angel food cake or lady fingers in the bottom of a trifle bowl or large glass serving bowl.

Whisk fat-free milk and vanilla pudding mix together in a bowl and make according to package directions. Spoon over angel food layer. Sprinkle strawberries, berries or other fruit over pudding layer; spoon whipped topping over fruit layer. Top with nuts.

TO TOAST NUTS: leave them whole, pre-heat oven to 350°F and bake for 5 minutes. Don't let them burn! Then chop them.

Or you can pour them in a skillet over medium heat, tossing occasionally, for 5 minutes. Chop them up.