

White Chocolate Angel Trifle



Ingredients:

- 1 (3.4 ounce) package regular or fat-free white chocolate instant pudding mix
- 2 cups fat-free milk
- ½ cup seedless raspberry spreadable fruit
- 2 tablespoons amaretto or ¼ teaspoon almond extract
- 1 (10.5 ounce) angel food cake
- 3 tablespoons sliced almonds, toasted

Prepare pudding mix according to package directions, using a whisk and 2 cups fat-free milk; let stand 5 minutes. Combine spreadable fruit and amaretto in a small bowl, stirring with a whisk until smooth, set aside. Cut cake into 1-inch cubes. Arrange half of cake cubes in a 2 quart trifle bowl or straight sided glass bowl; brush with half of fruit mixture. Spoon half of pudding over. Repeat layers with remaining cake, fruit mixture, and pudding. Sprinkle with toasted almonds. Cover and chill at least 30 minutes.

Yield: 8 servings

Nutrition Facts per Serving: Calories 221 (9% from Fat), 2.2gm, Protein 4.5gm, Carbohydrate 44.7gm, Fiber 0.9gm, Cholesterol 1mg, Sodium 342mg