

# Trifle

## Ingredients:

1 dozen white or confetti cupcakes (try replacing each egg with 2 egg whites when making these) or 1 angel food cake, sliced

2 packages instant pudding, prepared with skim or 1% milk

2 cups Cool Whip, thawed

2 cups frozen berries

½ cup fresh berries



## Instructions

1. Bake cupcakes or angel food cake according to package directions and once they are cool, slice each one in half or slice cake. Place cupcake halves or cake slices on the bottom and sides of a clear dish or bowl.
2. Cover with ½ of the pudding, then add ½ of the frozen berries, and then a layer of ½ of the cool whip.
3. Repeat this and top final layer of cool whip with fresh berries.

Let stand in fridge for at least 2 hours, and up to 2 days.

**Nutrition Notes:** Portion size is important. Enjoy in ½ cup servings!