

## Summer Fruit Trifle



- 1-1/2 cups cold fat free milk
- 1 package (4-serving size) vanilla flavor instant pudding
- 1 tub (8 ounces) light whipped topping
- 1 package (13 ounces) angel food cake, cut into 1/2-inch pieces
- 2 cups sliced peaches
- 1 cup blueberries

1. Pour milk into a medium bowl. Add pudding mix. Beat with wire whisk 1 minute. Gently stir in 3 cups of the whipped topping.
2. Place 1/2 of the cake cubes in a large serving bowl; top with 1/2 of the fruit. Spread pudding mixture over fruit; cover with the remaining cake cubes and fruit.
3. Spread remaining whipped topping over fruit.

Yields 10 servings.

<b>Nutrition Facts</b>		
Serving Size: 1 cup		
Servings per recipe: 10		
<b>Amount Per Serving</b>		
<b>Calories</b> 183	Calories from fat 9	
	% Daily Value	
<b>Total Fat</b> 1g		1%
Saturated Fat trace		1%
<b>Cholesterol</b> 2mg		1%
<b>Sodium</b> 261mg		11%
<b>Carbohydrates</b> 40g		13%
Dietary Fiber 1g		5%
<b>Protein</b> 4g		8%
Vitamin A: 6%	Vitamin C: 4%	Folacin: 4%
Calcium: 9%	Iron: 1%	Potassium: 6%

**Source:** Modified from original source: Kraft Interactive Kitchen.

**Provided by:**

Barbara Brown  
Food Specialist  
OSU Cooperative Extension Service  
Stillwater, Oklahoma 74078-6141  
[bbrown@okstate.edu](mailto:bbrown@okstate.edu)