

## Easy Strawberry Trifle

### Ingredients:

- 1 quart strawberries, hulled and sliced
- 3 cups low-fat milk
- 1 large package fat-free vanilla instant pudding mix
- 16 ounces angel cake, prepared
- 4 bananas
- 12 ounces fat-free whipped topping

### Directions

1. Remove caps and hulls from strawberries using the end of a potato peeler or small sharp knife. Slice strawberries into a mixing bowl and set aside.
2. In medium bowl, prepare the pudding mix according to the directions using the 3 cups of milk. Allow to thicken for at least five minutes.
3. Cut cake into 1 inch pieces.
4. Wash and peel bananas. Cut into slices and set aside.
5. Use a large glass bowl to assemble trifle. Cover bottom of bowl with 1/3 of cake pieces, then spread 1/3 pudding on top, then 1/3 of strawberries and bananas, and finish the layer with the whipped topping. Repeat layers. Decorate top with sliced strawberries if desired.
6. Cover and chill for 4 hours before serving.

### Equipment:

- 2 mixing bowls
- Cutting board
- Knife
- Potato peeler
- Wire whisk
- Large spoon
- Large decorative bowl

Number of Servings: 24  
 Prep Time: 30 minutes  
 Total Time: 4 hour & 30 minutes

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### Nutrition Facts

Serving Size: 1/2 cup	
Servings: 24	
Amount Per Serving	
<b>Calories</b> 128	Calories from Fat 18
%Daily Value*	
<b>Total Fat</b> 2g	4%
Saturated Fat 0g	2%
<b>Cholesterol</b> 2mg	1%
<b>Sodium</b> 140mg	6%
<b>Potassium</b> 214mg	6%
<b>Total Carbohydrate</b> 24g	8%
Dietary Fiber 1g	4%
<b>Protein</b> 3g	5%
Vitamin A 4%	Vitamin C 27%
Iron trace	Calcium 7%

\*Percent Daily Values are based on a 2,000 calorie diet.

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