

Sweet Treat

STRAWBERRY ANGEL FOOD DESSERT



PREP TIME
15 Minutes



ADDITIONAL TIME
1 hour



SERVES
20

INGREDIENTS

- Angel food cake
- 3.9 oz box sugar-free instant vanilla pudding
- 1 3/4 cup skim milk
- 3 cups whole strawberries (fresh or frozen), sliced and divided
- 1/4 cup sugar
- 8 oz. light or sugar-free Cool Whip

DIRECTIONS

1. Prepare vanilla pudding by whisking together pudding mix and milk until thick. Set aside.
2. Tear angel food cake into small pieces and place them in a 9x13 baking dish.
3. In a separate bowl, combine 2 cups of sliced strawberries and sugar. Mash the strawberries and mix well.
4. Pour strawberries over angel food cake.
5. Evenly spread pudding on top of strawberries.
6. Spread Cool Whip over top of pudding.
7. Finish things off with remaining sliced strawberries
6. Chill for one hour before serving.