



Cooking in the Kitchen at Olums

Molly Morgan RD, CDN, CSSD
*Delicious Recipes
that are Easy & Nutritious*
Olums.com

Red, White, and Blueberry Trifle

Serves 10-12

Ingredients:

- 16 oz angel food cake, cut into 1-inch cubes
- 2 pints strawberries, hulled and sliced
- 2 pints blueberries

For the creamy filling:

- 6 tablespoons fat-free sweetened condensed milk
- 1 1/2 cups cold water
- 1 (4 oz) package vanilla instant pudding mix
- 12 oz frozen whipped topping, thawed
- 1 teaspoon vanilla extract

Directions:

1. Start by whisking together the condensed milk and water in a bowl. Then add the pudding mix and whisk to combine. Let the mixture stand for 2 – 3 minutes, once it has started to set, fold in the whipped topping and vanilla extract.
2. In a trifle dish or large clear serving bowl, arrange 1/3 of the angel food cake cubes in the bottom of the trifle dish. Then top with a layer of strawberries and blueberries. Next top with about 1/3 of the creamy mixture. Repeat this to the top of the dish and arrange strawberries and blueberries on top in a decorative pattern.
3. Cover and refrigerate at least one hour before serving.