

Cakes

Angel Lush Cake

Cool Whip container

Servings: 10

Preparation Time: 15 minutes

1 pkg (4 servings) Vanilla Flavor Sugar-Free Fat-Free Instant Pudding & Pie Filling, 1/2" cubes

1 can (20 oz) crushed pineapple in juice, undrained

1 cup Fat-Free Whipped Topping, thawed

1 pkg (8.5 oz) angel food cake

Mix pudding mix and pineapple in medium bowl. Gently stir in mixed topping.

Cut cake horizontally into three layers.

Place bottom cake layer, cut side up, on serving plate. Spread one and one-third cups of the pudding mixture onto cake layer; cover with middle cake layer. Spread one cup of the pudding mixture onto middle cake layer; top with remaining cake layer. Spread with remaining pudding mixture.

Refrigerate at least one hour or until ready to serve. Refrigerate leftover cake.

Serving Ideas: Garnish with ten whole strawberries to provide a splash of color.

Per Serving (excluding unknown items): 168 Calories; trace Fat (1.0% calories from fat); 4g Protein; 39g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 304mg Sodium. Exchanges: 1/2 Fruit; 2 1/2 Other Carbohydrates.