

Patriotic Trifle

**Prep Time:**

30 min

Total Time:

1 hr 30 min

Makes:

16 servings, about 2/3 cup each

1-1/2 cups cold fat-free milk

1 pkg. (4-serving size) JELL-O Vanilla

Flavor Fat Free Sugar Free Instant

Reduced Calorie Pudding & Pie Filling

1 tub (8 oz.) COOL WHIP LITE

Whipped Topping, thawed, divided

1 pkg. (13 oz.) angel food cake, cut into 1/2-inch cubes (about 6-1/2 cups)

2 cups fresh strawberries, sliced

1 cup blueberries

POUR milk into medium bowl. Add dry pudding mix. Beat with wire whisk 2 min. Gently stir in 1-1/2 cups of the whipped topping.

LAYER half each of the cake cubes, strawberries and blueberries in large serving bowl; cover with pudding mixture. Top with layers of the remaining cake cubes, fruit and whipped topping.

REFRIGERATE at least 1 hour before serving. Store leftovers in refrigerator.

Kraft Kitchens Tips

Jazz It Up

Garnish with whole strawberries, additional blueberries and fresh mint sprigs just before serving.

Nutritional Information

Calories 120

[Total fat](#) 2 g

[Saturated fat](#) 2 g

[Cholesterol](#) 0 mg

[Sodium](#) 270 mg

[Carbohydrate](#) 23 g

[Dietary fiber](#) 1 g

[Sugars](#) 18 g

Protein 2 g

Vitamin A 0 %DV

Vitamin C 25 %DV

[Calcium](#) 6 %DV

Iron 0 %DV

Nutrition Bonus

Enjoy this colorful dessert which is low in fat, cholesterol free and rich in vitamin C.