



FEDERAL OCCUPATIONAL HEALTH

Improving the health, safety, and productivity of our Federal employees.



Summer Trifle *

Recipe Summary:

Preparation Time: 20 minutes

Number of Servings: 4

Ingredients:

3 medium bananas, cut in chunks

2 pints strawberries, cut in chunks

1 angelfood cake, cut in chunks if desired

7 oz fat free, sugar free vanilla pudding

16 oz low fat, sugar free frozen whipped cream

Directions:

Mix your pudding per package directions. Use fat free milk.

Add whipped cream to pudding mixture and blend well.

Layer in a large bowl or trifle dish: cake, pudding mix, strawberries, and bananas until used up.

Top with remaining strawberries for desired appearance.

Serve cold.

Note: This recipe also works well for 4th of July in a 9 x 13 inch pan. Layer the cake, pudding mixture, strawberries, and bananas in long stripes to create an American flag pattern. "Paint" a square of the whipped cream in one corner and top with blueberries to complete the flag image.

* Source fatsecret.com with personal variations

Nutritionist Notes:

- High in Vitamin C
- Low in fat