

Breakfast Trifle

Found at www.splenda.com

1/2 cup Splenda®
4 cups plain nonfat yogurt
2 teaspoons vanilla extract
9 slices white bread, crusts removed,
cut into rectangles
12 oz frozen raspberries,
unsweetened, thawed
2 tablespoons Splenda
1 can (15 oz) peach slices, no-added sugar
16 oz frozen dark pitted sweet
cherries, thawed, drained
1 banana, thinly sliced

Blend 1/2 cup of Splenda, plain yogurt and vanilla together in a medium mixing bowl. Set aside. Mix together raspberries and 2 tablespoons Splenda gently. Do not drain raspberries. To assemble trifle: Pour 1 cup of yogurt mixture in the bottom of the glass bowl. Place 1/3 of the sliced bread on top of the yogurt mixture. Top bread with 1/3 of the peaches, 1/3 of the cherries and 1/3 of the raspberries. Drizzle about 1/3 of the raspberry juice onto the bread. Place 1/3 of the thinly sliced banana on top of the raspberries. Pour 1/3 of the yogurt mixture over the bread and fruit. Repeat steps 2-5 two more times, ending by pouring the remaining yogurt over the fruit. Cover and refrigerate at least 2 hours or overnight, allowing the bread to fully absorb the fruit juices. Makes 10 servings.

Nutritional information per serving : 200 calories, 8 grams protein, 1 gram fat, 39 grams carbohydrate, 190 mg sodium.