

Heavenly

Submitted by Becca R. & Patti B.

- 1 sugar free angel food cake
- 1 20 oz can crushed pineapple, in juice
- 8 oz Cool Whip Free®
- 1 box (4 serving size) vanilla pudding mix, no added sugar
- 1 cup fresh strawberries, sliced

Cut angel food cake into thirds by making 2 slices across the cake. Mix crushed pineapple and juice with pudding mix. Spread between angel food cake layers. Put cake back together. Frost the outside with Cool Whip and garnish with strawberries. Serve immediately or refrigerate. Makes 8 servings.

Nutrition information per serving: 149 calories; 2 grams protein; 0 grams fat; 29 grams carbohydrate; 348 mg sodium