

## Trifle

- 1 pkg (4 serving size) cheesecake instant sugar-free pudding mix
- 1 pkg (4 serving size) chocolate fudge instant sugar-free pudding mix
- 4 cups skim milk
- 1 (8oz) pkg Neufchatel cheese
- 1.5 tbsp frozen white grape juice concentrate
- 1 large banana, sliced
- 1 lb blackberries
- 1 lb strawberries, hulled, quartered
- 1 (14oz) can pineapple chunks in juice, drained
- 1 sugar-free angel food cake
- 1 cup Cool Whip Lite™
- ¼ cup sliced almonds

Slice angel food cake into 1/2" cubes and set aside. Prepare chocolate pudding mix as directed on package and refrigerate. Prepare cheesecake pudding mix as directed on package. Whip Neufchatel cheese with white grape juice concentrate and stir into cheesecake pudding and refrigerate.

In a trifle bowl, layer 1/3 cake, ½ cheesecake mix, bananas, pineapple, ½ chocolate pudding, 1/3 cake, blackberries, remaining cheesecake mix, strawberries, remaining cake, and remaining chocolate pudding. Top with Cool Whip and sprinkle with sliced almonds. Makes 10 servings.

Nutrition information per serving: 249 calories, 8 grams protein, 7 grams fat, 41 grams carbohydrate, 557 mg sodium.