

THIS WEEK'S RECIPE

As seen on hdnews.net



Orange Mixed Berry Trifle

By Jaci Olson

- 1 angel food cake (store or home made)
- 2 -16 oz. bags of mixed berries (thawed in the refrigerator for 3 hours)
- 16 oz. container of Lite Whipped Topping
- 10 tablespoons prepared orange juice
- 3 tablespoons granulated sugar
- 10 vanilla wafers-crushed (optional)

Steps:

1. Begin by cutting the angel food cake into 2" cubes. In a large bowl sprinkle 6 tablespoons of the orange juice over the cubed cake one tablespoon at a time, toss after each addition of orange juice.
2. To prepare berries, place berries in

a large bowl sprinkle with sugar and remaining 4 tablespoons of orange juice. Toss to combine.

3. To assemble trifle, place 1/3 of the cake cubes in the bottom of a large glass bowl. Soak the cake by spooning 1/3 of the berries over cake cubes, followed by 1/3 of the whipped topping. Continue layering the cake, berries and whipped topping two more times. Finishing with the whipped topping.
4. Cover and refrigerate for 4-12 hours or until ready to serve. Garnish with crushed vanilla wafers before serving.



Location of Ingredients

(at Vine Street Dillon's)

ITEM AISLE

- Angel Food Cake Bakery Or 11
- Mixed Berries..... 7
- Lite Whipped Topping..... 7
- Orange Juice Dairy
- Granulated Sugar 11
- Vanilla Wafers 4

Nutrition Facts

Serving Size (222g)
Servings Per Container 12

Amount Per Serving
Calories 290 Calories from Fat 60

	% Daily Value*
Total Fat 7g	11%
Saturated Fat 4.5g	23%
Cholesterol 0mg	0%
Sodium 250mg	10%
Total Carbohydrate 54g	18%
Dietary Fiber 2g	28%
Sugars 27g	
Protein 4g	

Vitamin A 6%	•	Vitamin C 20%
Calcium 10%	•	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



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