

ANGEL WINGS

DECORATED FOR THE 4TH OF JULY



(originally printed in the Morning Call)

Ingredients:

- 1 9-inch angel food cake, torn into bite-size pieces
- 1 small package instant vanilla or white chocolate pudding mix
- 3 c. plus 1/4 c. 2 percent milk (divided)
- 1 packet unflavored gelatin
- 2 containers (8 oz each) Cool Whip Lite
- Blueberries and Strawberries

Directions:

1. Place the angel food cake pieces in a 13 x 9 pan (or a large bowl). Set aside.
2. In a separate large bowl, prepare the pudding as directed, using 3 cups milk.
3. Dissolve the gelatin in the remaining 1/4 c. milk and add it to the pudding mixture.
4. Fold one container of Cool Whip into the pudding mixture (gently folding with a whisk works best).
5. Pour the mixture over the cake pieces and stir lightly to coat. Chill overnight.
6. Before serving, top with the remaining Cool Whip, and decorate with fruit to look like a flag.

This is a great dessert any time of the year. Decorate with colored sprinkles or seasonal fruit of your choice.

TIP: MAKE IT LOW-CAL: USE SUGAR FREE/FAT FREE PUDDING, SKIM MILK & COOL WHIP FREE.