

Dessert

Angel Lush with Pineapple

Cost: Per Recipe: \$7.90 Per Serving: \$0.65



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Angel Lush with Pineapple

Serving Size: 1 Slice

Yield: 12 Servings

Ingredients:

- 1 pkg. (4 serving size) vanilla flavor instant pudding & pie filling
- 1 can (20oz.) crushed pineapple in juice, undrained
- 1 cup thawed whipped topping
- 1 prepared round angel food cake (10oz.)
- 1 cup fresh mixed seasonal berries

Instructions:

1. Mix dry pudding mix and pineapple in medium bowl. Gently stir in whipped topping.
2. Cut cake horizontally into 3 layers. Place bottom cake layer on serving plate; top with 1/3 of the pudding mixture. Repeat layers 2 times.
3. Refrigerate at least 1 hour. Top with berries just before serving.
4. Store leftovers in the refrigerator.

Nutrition Per Serving:

Calories 156, Calories from Fat 18, Protein 3g, Fat 2g(sat 1g), Carbohydrate 34g, Fiber <1g, Cholesterol 3mg, Sodium 332mg, Sugar 33g

Healthy Additions:

- Exchange frozen mixed berries when fresh is not available.

Healthy Tip:

- Always wash your fruits and vegetables before cooking or eating them.

Portion size is the key

According to the USDA¹,
one serving equals:

- 1 slice of whole-grain bread
- ½ cup of cooked rice or pasta
 - 4-5 small crackers
 - 1 medium pancake
 - 3 cups popcorn
 - 1 medium potato
 - 1 cup raw or cooked vegetables
- 2 cups raw leafy greens
 - 1 small apple
 - 1 cup fruit
- 1 medium grapefruit
 - ½ cup dried fruit
- 1 oz lean meat, chicken, or fish
 - 1 egg
- 1 tablespoon peanut butter
- ¼ cup cooked dry beans
- 1 cup milk or yogurt
- 1 ½ oz natural cheese

Call your local health
department for more
information.



A healthier today for a
brighter tomorrow.
www.LCDHD.org

See how to make
this and all the
recipes in this book
on "Good Health IS
Possible" DVD.

¹USDA Dietary Guidelines for Americans