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 26, 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.