



RECIPE

October 15, 2010

Dreamsicle Delight

Makes 12 generous servings.

- 1 prepared angel food cake
- 1 package sugar free vanilla pudding
- 1 cup skim milk
- 1 cup orange sherbet, softened
- 2 tsp orange food coloring
- 1 orange, cut in thin circular slices

1. Mix 1 cup cold milk with pudding mix. Add sherbet, and food coloring if necessary to make orange, and set in refrigerator for 2 hours or more.
2. Cut angel food cake in 1" squares.
3. Layer ½ of cake squares in glass dish. Pour pudding mixture over cake. Repeat layers.
4. Place a small cut in each orange slice, and then twist. Top cake with orange slice twists.
5. Let sit for 20 minutes and serve.

Calories: 182
Fat: 0.5g
Carbohydrates: 39g
Protein: 4.0g

Taken from *The One Pot Deal Cooking Class*, by Colleen Lammel, RD,LD