

Blackberry Lemon Trifle

3 cont Blackberry yogurt, light (6 oz each)
 8 oz Whipped topping, light, thawed
 9 oz Angel food cake, sugar free, cubed
 3 c Blackberries, fresh or frozen, thawed/drained (16 oz)
 3 cont Lemon meringue yogurt, light (6 oz each)
 Zest of 1 lemon

1. In a medium bowl, MIX the blackberry yogurt and half of the whipped topping together.
2. In a 2-3 qt trifle bowl or clear glass bowl, PLACE half of the angel food cake in the bottom.
3. TOP the cake with half (2 c) of the blackberries and then all of the blackberry yogurt mixture.
4. Using the same bowl from the blackberry yogurt, MIX the lemon yogurt and the other half of the whipped topping. RESERVE a dollop of whipped topping for garnishing later.
5. PLACE the remaining angel food cake on top of the yogurt and TOP with the remaining blackberries.
6. SPOON lemon yogurt mixture over the berries.
7. GARNISH with reserved whipped topping and SPRINKLE with lemon zest.
8. COVER and REFRIGERATE until ready to serve.

Makes 20- ½ c servings



Nutrition Information: 90 calories, 2 g fat, 0 mg cholesterol, 110 mg sodium, 19 g carbohydrates, 2 g fiber, 3 g protein
 Chickasaw Nation Nutrition Services

This material was funded by the USDA's Supplemental Nutrition Assistance Program. This institution is an equal opportunity provider and employer. For more information on the Supplemental Nutrition Assistance Program or the FDP Grocery Stores visit www.getfreshcooking.com.

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