

## Angel Food Trifle

**POINTS per serving 5**

**Yield/Serves: 6**

### **INGREDIENTS**

- 1 cup skim milk ricotta cheese
- 2 cups aspartame-sweetened vanilla-flavored nonfat yogurt
- ½ angel food cake, cut into approximately 1" cubes
- 2 cups thawed frozen unsweetened berries
- ¼ whipped topping, plus
- 2 tablespoons cup whipped topping

### **INSTRUCTIONS**

1. Mix together the ricotta cheese and yogurt in a blender or food processor until smooth.
2. Arrange half the cake cubes in the bottom of a medium-size glass bowl.
3. Top with 1 cup of the berries.
4. Top with 1½ cup of the cheese-yogurt mixture.
5. Top with layers of the remaining cake cubes, ¾ cup berries, and the remaining cheese-yogurt mixture.
6. Decorate with the remaining ¼ cup berries.
7. Top each serving with 1 T whipped topping.
8. This makes six servings at 5 points each per serving.

The traditional English version of this dessert layers ladyfingers with jam custard, and heavy cream, along with fruit. This lower-POINT' version is made with a creamy ricotta-vanilla yogurt "custard" to cut calories while increasing calcium.

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