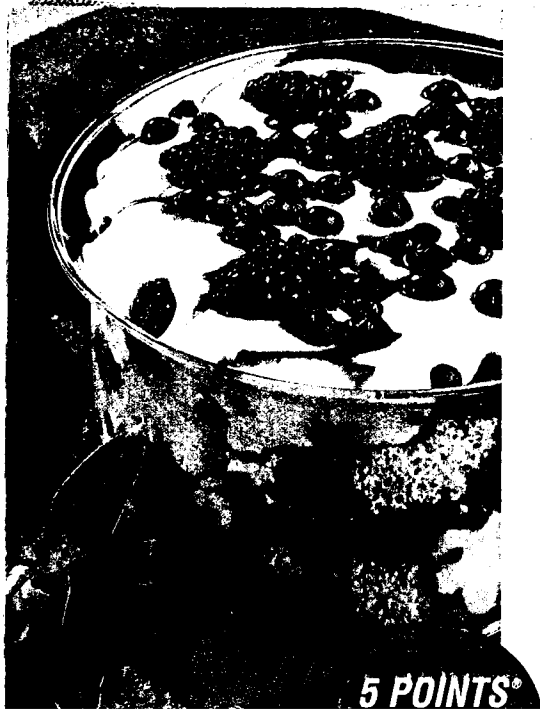


Bowl

Weight Watchers



angel food trifle

makes 6 servings; 5 POINTS 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.

- 1 cup skim milk ricotta cheese**
- 2 cups aspartame-sweetened, vanilla-flavored yogurt**
- 1/2 angel food cake, cut into approximately 1" cubes**
- 2 cups thawed frozen unsweetened berries**
- 1/4 cup + 2 Tbsp whipped dessert topping**

- 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 1 1/2 cups of the cheese yogurt mixture.*
- 5. Top with layers of the remaining cake cubes, 3/4 cup berries, and the remaining cheese-yogurt mixture.*
- 6. Decorate with the remaining 1/4 cup berries.*
- 7. Top each serving with 1 tablespoon whipped topping.*