

Angel Food Pastry with Fresh Berries and Whipped Cream

3 Tablespoons Angel Food Cake mix

1/8 cup low-fat, vanilla yogurt

3 cups berries (raspberries, blueberries, or blackberries)

2 strawberries, sliced

1-2 Tablespoons light whipped topping

Scoop 3 Tablespoons cake mix into a microwave safe cup. Add yogurt and stir. Microwave for 1 minute. Let cool for 1 minute.

Using a table knife, cut around the sides of the cup to loosen cake. Dump onto serving plate. Top with 1 Tablespoon of whipped topping.

Spoon fruit on top of whipped topping. Garnish with whipped topping. Yield:1 serving

Nutrition information: 161 calories, 2g fat, 259mg sodium, 34g carbohydrates, 2g fiber, 4g protein, good source of calcium and potassium