

# 4TH OF JULY BERRY TRIFLE

*Lower Saturated Fat, Lower Sodium, Vegetarian*

*Serves: 10 (Serving = 1 cup)*

## **Nutrition (per serving)**

Calories: 143

Sodium: 53 mg

Total Fat: 4 g

Total Carbohydrate: 25

Saturated Fat: 3 g

Dietary Fiber: 1 g

## **Ingredients**

- $\frac{3}{4}$  cup Diet Dr. Pepper®
- $\frac{1}{2}$  cup skim milk
- 1 - 1 ounce package sugar free, fat free cheesecake pudding mix
- 1 - 8 ounce tub lite whipped topping

- 32 vanilla wafers
- 2  $\frac{1}{4}$  cups strawberries, sliced (reserve  $\frac{1}{4}$  cup for topping)
- 2 pints blueberries (reserve  $\frac{1}{4}$  cup for topping)

4th of July Berry Trifle

## Directions

1. In a medium bowl, whisk together Diet Dr. Pepper®, milk and pudding. Fold in whipped topping.
2. Layer  $\frac{1}{2}$  of the vanilla wafers in the bottom of trifle dish. Cover and spread 1 cup of whipped topping mixture over the wafers.
3. Next, layer blueberries (1 pint) then strawberries (1 cup).
4. Repeat layers: vanilla wafers, 1 cup whipped topping mixture, 1 pint blueberries, 1 cup strawberries.
5. Top with remaining whipped topping mixture and spread evenly to cover.
6. Decorate the top of the trifle to your liking with reserved fruit.