

Angel Food Delight

12 servings

Try adding fruit to desserts or making fruit your dessert. This fluffy angel food cake recipe adds fruit and is a great fat-free option for dessert.



- 1 (16 ounce) box 1-step angel food cake mix
- 1 (16 ounce or 20 ounce) can fruit, packed in juice, such as peaches or pineapple
- Low-fat whipped topping
- Fruit for garnish (optional)

1. Wash hands with soap and water.
2. Preheat oven according to directions on cake mix.
3. If using a 16 ounce can of canned fruit, add $\frac{1}{2}$ cup water to fruit.
4. In a large bowl, mash the fruit if sliced or whole. A potato masher or pastry blender works well.
5. Add angel food cake mix to fruit. Stir just until blended. Do not over mix.
6. Bake and cool according to directions on package.
7. Serve with whipped topping and fresh fruit, if desired.

Nutrition Information per Serving: (1/12 of recipe) Calories 160, Total Fat 0 g (0% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 330 mg (14% DV), Total Carbohydrate 35 g (12% DV), Dietary Fiber 0 g (0% DV), Sugars 27 g, Protein 3 g, Vitamin A 2%, Vitamin C 2%, Calcium 4%, Iron 2%.