



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%.

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