Snack

Layered Berry Vanilla Pudding Trifle

Chilled vanilla pudding folded with whipped topping is layered with raspberries, blueberries, and strawberries in a trifle bowl for a bright, colorful dessert that serves a crowd.



Nut free

15 min	80	14 g	7 g
time	calories	carbs	sugars

Ingredients, 12 servings

- [ ] 1 oz instant vanilla pudding mix (sugar-free, fat-free)
- [ ] 2 cup skim milk
- [ ] 8 oz light whipped topping (thawed)
- [ ] 2 1/2 cup raspberries (divided)
- [ ] 2 1/2 cup blueberries (divided)
- [ ] 1 1/2 cup strawberries (sliced)

Method

- [ ] **1** Whisk the instant vanilla pudding mix with the skim milk in a large bowl until it begins to thicken, then refrigerate for 5 minutes to cool.
- [ ] **2** Fold the light whipped topping into the chilled pudding until fully incorporated.
- [ ] **3** Spread one third of the pudding mixture evenly over the bottom of a trifle bowl.
- [ ] **4** Scatter 2 cups of the raspberries over the pudding layer and spread them out evenly.
- [ ] **5** Add another third of the pudding mixture on top of the raspberries, then spread 2 cups of the blueberries evenly over it.
- [ ] **6** Spread the remaining pudding mixture over the blueberries.
- [ ] **7** Finish with the remaining 1/2 cup of blueberries, the remaining 1/2 cup of raspberries, and all of the sliced strawberries.

Nutrition Facts

Per serving

Calories	**80**
Total fat	2 g
Saturated fat	1.5 g
Sodium	80 mg
Total carbs	14 g
Fiber	2 g
Total sugars	7 g
Protein	2 g

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