

# Angel Food Pastry with Fresh Berries and Whipped Cream

**Makes:** 1 Servings

Light and fluffy angel food cake is mixed with yogurt and a sprinkle of berries.

## Ingredients

- 1 ounce** angel food cake mix (3 tablespoons)
- 1/8 cup** yogurt, low-fat vanilla
- 3** raspberries
- 2** strawberries, sliced
- 1 1/2 tablespoons** non-fat whipped topping (can use 1-2 Tablespoons)

## Directions

1. Scoop 3 Tablespoons of angel food cake mix into a microwave-safe cup or mug.
2. Add 2 Tablespoons of vanilla yogurt and stir.
3. Place in the center of the microwave oven and microwave for 1 minute.
4. Take out of microwave and let cool for 1 minute.
5. Using a knife, cut around the sides of the cup to loosen the cake and "dump" it on a plate.
6. Dole 1 Tablespoon of whipped topping on top of the cake.
7. Sprinkle raspberries around the angel cake and add sliced strawberries to top.

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	205	
Total Fat	0 g	0%
Protein	5 g	
Carbohydrates	46 g	15%
Dietary Fiber	1 g	4%
Saturated Fat	0 g	0%
Sodium	376 mg	16%

\*Percent Daily Values are based on a 2,000 calorie diet.

## MyPlate Food Groups

Fruits	1/2 cup
Grains	1 ounce
Dairy	1/4 cup

8. Enjoy.

CSAAC (Community Services for Autistic Adults and Children)