

## ***Blueberry Delight***

8 oz. light cream cheese, softened

½ cup confectioners' sugar

14 oz. fat free sweetened condensed milk

1 package (3.4 oz.) instant vanilla pudding mix

15 oz. frozen light whipped topping, thawed, divided

1 prepared angel food cake (8 to 10 oz.), cut into 1-inch cubes

1 quart fresh or frozen blueberries, thawed

### Directions:

1. In a large bowl, beat cream cheese and confectioners' sugar until smooth. Beat in milk and dry pudding mix. Fold in 1 ½ cups of whipped topping.
2. Place half of the cake cubes in a 3 qt. glass bowl. Layer with half of the berries and pudding mixture. Cover with remaining cake cubes. Layer with remaining berries and pudding mixture.
3. Spread remaining whipped topping over top. Garnish with additional berries if desired. Store leftovers in the refrigerator.

Serves 12

Nutrient Analysis, per serving: 429 calories, 90g. carbohydrate, 10g. protein, 8g. fat, 384mg. sodium