

Strawberry Fluff

1 angel food cake (torn into small pieces)
3 cups fresh strawberries
Add sugar to taste (optional)
1 16 oz. container of fat-free whipped topping (thawed)
½ cup of chopped nuts (optional)

Directions:

Wash and slice fresh strawberries in a bowl and toss with sugar. In a large dish, layer angel food cake, strawberries and whipped topping. Repeat layering of ingredients. Garnish with nuts.

Nutrient Analysis, per serving: 262 calories, 37 g. carbohydrate, 2 g. protein, 3 g. fat, 1 g. dietary fiber, 213 mg. sodium, 0 mg. cholesterol