



Recipe of the Month – May

Strawberry Dessert

Serves 8

Ingredients:

½	small angel food cake purchased
1 box	4 serving size sugar free strawberry gelatin
¾ cup	boiling water
1 pint	fresh strawberries
1 packet	artificial sweetener
¾ cup	½ of 12 oz. can evaporated skim milk, chilled

Directions:

1. Break angel food cake into bite sized pieces and place in a large mixing bowl and set aside
2. Dissolve gelatin in boiling water
3. Cool in refrigerator for 30 minutes
4. Wash strawberries (set aside 8 of the prettiest strawberries, leaving stems intact)
5. Stem and trim the remaining berries, removing any blemishes
6. Place in blender with one packet of sweetener, chilled milk, and cooled gelatin
7. Process well until blended, light, and fluffy
8. Pour mixture over angel food cake pieces in the large mixing bowl
9. Fold until cake pieces are coated
10. Pour into 1 ½ quart baking dish
11. Cover with plastic wrap and chill until serving time
12. To serve, cut into squares and garnish with strawberry fans made from the reserved strawberries

NUTRITION FACTS PER SERVING: Calories 90, Total Fat 0g , Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 220mg, Total Carbohydrate 18g, Dietary Fiber 1g, Sugars 5g, Protein 4g

Recipe compliments of: *Diabetes Education Program, West Virginia University Extension Services*