

PUDDINGS

# Easy Fruit Trifle



BAY VALLEY  
F O O D S



# Easy Fruit Trifle

12 Servings

## INGREDIENTS:

## AMTS:

## PROCEDURE:

## NUTRITION (Per serving)

Apricot preserves	1/2 cup
Apricot nectar or orange juice, divided	1/2 cup
<b>Bay Valley Foods® or Thank You® Brand Vanilla Pudding</b>	1 qt.
Pound cake, cut into 1-inch cubes	6 cups
Blueberries, fresh or frozen (thawed)	2 cups
Kiwi, peeled, sliced	2
Strawberries, sliced	1 to 2 cups
Prepared whipped topping	1 cup
Almonds, sliced, toasted	1/4 cup
Mint sprigs (optional)	To garnish
Strawberries, whole (optional)	To garnish

Combine apricot preserves and 2 Tbsp. nectar in small bowl.

Spoon about 1 cup pudding in bottom of 3-quart glass dish. Arrange half the cake over pudding; drizzle with about 3 Tbsp. apricot nectar. Spoon half the apricot preserves and half the fruit over cake; top with half the remaining pudding, spreading evenly. Repeat layers.

Spread whipped topping carefully over pudding. Cover and refrigerate several hours or overnight.

To serve, sprinkle with almonds. Garnish with mint and whole berries.

290 calories

4 g protein

47 g carbohydrate

2 g fiber

11 g fat

4.5 g saturated fat

55 mg cholesterol

240 mg sodium

### CHEF'S TIPS:

- *Banana pudding may be substituted for vanilla pudding.*
- *Raspberries may be substituted for strawberries.*
- *Peaches may be substituted for kiwi.*



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