



Low-Fat Strawberry Shortcake

Makes 4 servings

Ingredients

4 slices angel food cake
Sliced strawberries
1 tablespoon sugar
Low-fat whipped topping



Instructions

Wash and slice strawberries. Put in a bowl and gently mix in sugar. Put strawberries on cake with 1 tablespoon of whipped topping per serving.

Nutrition Facts

Serving Size: 1-oz piece; Calories 156; Total Fat 5.2g; Saturated Fat 8.0g; Cholesterol 1.0mg; Sodium 264mg; Total Carbohydrates 34.0g

Recipe adapted from Southern Food Service



BlueCross BlueShield of South Carolina and
BlueChoice HealthPlan of South Carolina