

# Strawberry Cheesecake Trifle

## Ingredients

- 2 quarts strawberries
- 10.75 oz package frozen pound cake
- 2 Tbsp lemon juice
- 3 cups strawberry yogurt
- 1 pkg cheesecake instant pudding
- 8 oz fat-free frozen whipped topping

## Directions

1. Hull and slice strawberries. Place 1 quart of strawberries on a baking tray and freeze.
2. Remove pound cake from container. Cut into  $\frac{3}{4}$  inch cubes. Set aside.
3. Mix together lemon juice, yogurt and pudding mix until smooth. Fold whipped topping into yogurt mix.
4. Remove frozen strawberries, mix in with room temperature strawberries.
5. In a large trifle dish, place one-third of the pound cake cubes in the bottom. Top with one-third of strawberries, then one-third of yogurt mixture. Repeat with remaining until finished.

## Handling & Storage

When selecting strawberries, look for brightly colored, plump strawberries with fresh green caps. Refrigerate ripened strawberries for 1-2 days, do not wash until ready to eat or cook.

To prepare, rinse in a bowl of cold water to clean. Do not soak. Remove the leaves and green caps. Slice strawberries as desired.

## **Nutritional Information**

**Calories:** 377

**Total Fat:** 14.3 g

**Saturated Fat:** 7.9 g

**Trans Fat:** 0.0 g

**Cholesterol:** 95 mg

**Sodium:** 255 mg

**Total Carbohydrates:** 55.5 g

**Dietary Fiber:** 2.4 g

**Sugars:** 35.8 g

**Protein:** 6.3 g

*Serves: 12*