

Angel Food Pastry with Fresh Berries and Whipped Cream

Makes: 1 Servings

Light and fluffy angel food cake is mixed with yogurt and a sprinkle of berries.

Ingredients

- 1 ounce** angel food cake mix (3 tablespoons)
- 1/8 cup** yogurt, low-fat vanilla
- 3** raspberries
- 2** strawberries, sliced
- 1 1/2 tablespoons** non-fat whipped topping (can use 1-2 Tablespoons)

Directions

1. Scoop 3 Tablespoons of angel food cake mix into a microwave-safe cup or mug.
2. Add 2 Tablespoons of vanilla yogurt and stir.
3. Place in the center of the microwave oven and microwave for 1 minute.
4. Take out of microwave and let cool for 1 minute.
5. Using a knife, cut around the sides of the cup to loosen the cake and "dump" it on a plate.

Nutrition Information

Nutrients	Amount
Calories	205
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	3 mg
Sodium	376 mg
Total Carbohydrate	46 g
Dietary Fiber	1 g
Total Sugars	32 g
Added Sugars included	0 g
Protein	5 g
Vitamin D	0 IU
Calcium	130 mg
Iron	0 mg
Potassium	160 mg
N/A - data is not available	

MyPlate Food Groups

 Fruits	1/2 cup
 Grains	1 ounce
 Dairy	1/4 cup

6. Dole 1 Tablespoon of whipped topping on top of the cake.

7. Sprinkle raspberries around the angel cake and add sliced strawberries to top.

8. Enjoy.

Notes

Learn more about:

- [Strawberries](#)
- [Raspberries](#)

Source: CSAAC (Community Services for Autistic Adults and Children)