

# Cindy`s Cookbook

## low-fat parfait dessert

*friend*

- 1 angel food cake
- sugar free pudding (vanilla) make with fat free milk
- fat free cool whip 1-2 containers
- any type of berries or fruit
- i.e. strawberries, blueberries

Best results use a clear glass bowl. Break up or cut angel food cake and layer on bottom of bowl. Spread pudding, berries and cool whip. Repeat layers.

