

Up Coming Events: 2017

Thimblebuddies:

Meets at the Port St Lucie Community Center

2195 SE Airoso Blvd. Port St Lucie

The 4th Monday of the month

5:15 Social, Sign In

6:00 Dinner

6:00-8:30 Meeting

As requested Here is Suzanne's Tropical Trifle

Tropical Trifle

¼ cup sliced blanched almonds

1 tbsp shredded unsweetened coconut

1 envelope (4 ½ cup servings) reduced calorie vanilla pudding (I used large pkg 6 servings)

2 cups milk (I used 3 cups of 2 percent for the large pkg of pudding)

1 tbsp grated orange zest

2 cups frozen light whipped topping (I used 2 ½ cups)

10 oz angel food cake; cut into 2" cubes

1 cup orange juice

One 20 oz can unsweetened pineapple chunks drained

One 11 oz can mandarin orange sections drained

1. In a large skillet, roast the almonds stirring constantly for 2 minutes. Add the coconut and toast, stirring constantly, until both are lightly browned, about 2 minutes longer. Transfer to a heat proof dish. (I used only coconut last evening as several members cannot eat nuts)
2. Prepare pudding with the milk according to package directions; stir in orange zest and 1 cup of whipped topping. (I used 1 ½ cups of whipped topping for large package of pudding)
3. Place one third of the cake cubes in a 2 to 3 quart glass bowl; drizzle with one third of the orange juice. Spread 1/3 of the pudding mixture over the cake and top with 1/3 of the pineapple and orange. Repeat the layering twice more.

4. Spread the remaining 1 cup of whipped topping over the top. Refrigerate, covered, at least 2 hours. Just before serving, sprinkle with the toasted coconut and almonds.

This recipe came from a Weight Watchers cookbook Simply the Best and is 3 points per serving.

129 calories, 2 g total fat, 1 g Saturated fat, 1 mg cholesterol, 231 mg sodium, 25 g total carbohydrate, 1 g dietary fiber, 3 g protein, 76 mg calcium

Hope you and your family and friends enjoy this trifle as much as my family and friends do.

Suzanne Sanders