

Fruity Angel Food Cake

- 1 whole angel food cake
- 1 small can crushed pineapple
- 1 (8 oz.) container Light Cool Whip
- 1 small package instant pudding mix

Drain pineapple. Make pudding according to directions. Mix drained pineapple, Cool Whip, and pudding together. Blend well.

Spread pineapple-pudding mixture over top and sides of cake. Store the cake in refrigerator.

Serving size is about 1 ounce of cake with topping. About 1 inch across.

Starch	Fruit	Milk	Veg	Meat	Fat
1	1/2	1/2	0	0	1/2

Baked Apples – Fast & Easy

Core an apple and cut into four quarters. Spray with spray butter, sprinkle a little bit of cinnamon. Sprinkle the top with 1 tablespoon oatmeal, and 1 teaspoon of brown sugar or Splenda. Microwave on high for 4 minutes or until fork inserted in side of apple comes out easily. Serving size is 1 apple

Starch	Fruit	Milk	Veg	Meat	Fat
1	1	0	0	0	0