

The Best Guilt-Free Low-Fat Chocolate Raspberry Trifle Recipe

The Ultimate Low-Fat Chocolate Raspberry Trifle



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2 min

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INGREDIENTS

- 1 Angel Food Cake: You can use a store-bought version to save time or bake one from a box mix.
- 2 (3.5 ounce) Boxes Fat-Free Chocolate Pudding: Instant pudding works best for a quick setup.
- 4 Cups Skim Milk: To keep the pudding light and airy.
- 2 Cups Fresh Raspberries: Divided (keep a few for the very top!).
- 1 (12 ounce) Container Fat-Free Whipped Topping: Thawed in the refrigerator.
- 1 Ounce Semisweet Baking Chocolate: For those beautiful gourmet shavings.

Swaps and Notes:

Fruit Variations: If raspberries are out of season, you can swap them for sliced strawberries or even blueberries. If you love berry-forward flavors, you might also enjoy my refreshing blueberry lemonade as a pairing.

The Cake: If you aren't a fan of angel food cake, you can use fat-free pound cake or even easy coconut macaroonscrumbled at the bottom for a tropical twist.

Milk Choice: While skim milk is the traditional choice for "low-fat," unsweetened almond milk or cashew milk works excellently for a dairy-free pudding base.

Step-by-Step Instructions:

Prepare the Pudding: In a large bowl, whisk

together the two boxes of fat-free chocolate pudding with 4 cups of cold skim milk. Whisk for about 2 minutes until thickened. Set aside. Pro Tip: Set aside one teaspoon of pudding and two or three perfect raspberries to use as your final garnish.

Prep the Cake: Cut or tear your angel food cake into roughly 2-inch chunks. Don't worry about them being uniform; the varying sizes help soak up the pudding.

Start the Base: In a large glass trifle bowl, place 1/3 of your angel food cake chunks at the bottom.

Add the Chocolate: Pour 1/3 of the chocolate pudding over the cake layer, spreading it to the edges so it's visible through the glass.

The Fruit Layer: Top the pudding with 1/3 of your fresh raspberries.

The Creamy Layer: Spoon 1/3 of the fat-free whipped topping over the raspberries.

Repeat: Repeat these layers two more times (Cake -> Pudding -> Raspberries -> Whipped Topping).

The Garnish: Using a microplane or fine grater, grate the semisweet baking chocolate over the final layer of whipped topping. Add your reserved dollop of pudding and raspberries in the center.

The Chill: Refrigerate for at least 4 hours. This is crucial as it allows the cake to soften and the flavors to meld.

Tips for Success:

The "Glass View": When assembling, make sure to push the pudding and whipped topping right up against the glass. This creates those beautiful, distinct layers that make a trifle so impressive.

Don't Over-mix: When layering the whipped topping, spread it gently so you don't muddy the chocolate pudding layer beneath it.

Keep it Cold: This dessert is best served straight from the fridge. The colder it is, the more refreshing the raspberries taste.

Serving Suggestions and Pairings:

Nutritional Information (Per Serving):

Calories: 185 kcal

Total Fat: 1.5g

Saturated Fat: 0.8g

Cholesterol: 2mg

Sodium: 320mg

Total Carbohydrates: 38g

Dietary Fiber: 2g

Sugars: 24g

Protein: 5g

DIRECTIONS

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13. **Serving Suggestions and Pairings:** This trifle is a showstopper on its own, but it pairs beautifully with other light treats. If you are hosting a dessert bar, I recommend serving it alongside chocolate chip cookie bites for those who want a bit of crunch. For a complete "no-bake" spread, you could also feature this no-bake oreo cream pie.
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23. **Storage and Leftover Tips:** Trifles are best eaten within 24-48 hours. Because of the moisture in the pudding and fruit, the angel food cake will eventually become very soft. Store any leftovers in an airtight container in the refrigerator. I do not recommend freezing this dish, as the pudding and whipped topping will change texture upon thawing.
24. **More Recipes You Will Love:** Easy Ice Cream Sandwich Cake
25. **No-Bake :** Oreo Cream Pie

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