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Lemon-Blueberry Trifles

Total Time: 20 mins

Ingredients

- 1 package(s) pudding, instant, vanilla, fat-free, sugar-free, 4 servings
- 2 cup(s) milk, fat-free
- 1/4 cup(s) sour cream, light or fat-free
- 1 tablespoon lemon juice
- 2 cup(s) cake, angel food, cubes
- 1 cup(s) blueberries
- 2 teaspoon lemon peel, finely shredded
- lemon peel, curls

Preparation

- 1) In a medium bowl, prepare pudding mix according to package directions using the 2 cups milk. Stir in sour cream, finely shredded lemon peel, and lemon juice.
- 2) Spoon some of the pudding mixture into the bottoms of 4 parfait glasses. Top with half of the cake cubes and half of the berries. Add remaining cake cubes. Spoon remaining pudding mixture over cake. Top with remaining berries. Cover and chill until serving or up to 4 hours. If desired, garnish with lemon peel curls.

