Red, White and Blue

Berry American Cake

Yield: 4 servings

1/4 of a 7 inch prepared angel food cake,
or 1/4 of an unfrosted white cake
1/2 cup low fat vanilla or fruit-flavored yogurt
1/2 cup fresh strawberries
1/2 cup fresh blueberries
4 tablespoons non-fat whipped topping, if desired

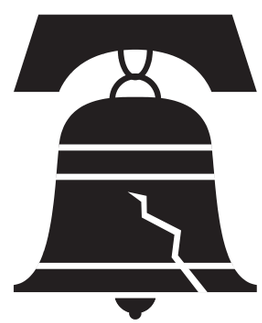
1. Wash your hands and work area.
2. Cut the portion of cake into 4 slices. Place each slice on a small serving plate.
3. Cover each piece of cake with 2 tablespoons of yogurt.
4. Cover each piece with 1/4 cup fruit. Top with whipped cream, if desired.
5. Serve immediately.
6. Cover and refrigerate leftovers within 2 hours.

Nutrition Facts for 1 serving (120g): Calories 200; Total Fat 8g; Cholesterol 5mg; Sodium 35mg; Protein 4g; Carbohydrates 30g.

Recipe by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Assistant Professor, Department of Human Nutrition. Kansas State University Agricultural Experiment Stations and Cooperative Extension Service, Manhattan, KS.

Did You Know?

The Food Assistance Program promotes health, nutrition and independence for older adults.



Celebrate our nation's Independence Day with a few

History Tidbits

The last surviving signer of the Declaration of Independence was Charles Carrol of Carrolton, Maryland. Born in 1737, he was 95 years old when he died in 1832.

The official name of the Statue of Liberty, dedicated in 1886, is "Liberty Enlightening the World."

New York City was capital of the United States from 1788 through 1800 when Washington, D.C., was named.

The Constitution of the United States was adopted in 1787 by the Continental Congress of the thirteen colonies.

Source: www.usahistory.com