



The Right Bite **Chocolate Angel Food Cake**

6 Servings

Ingredients

You'll Need:

1 box (14.5 ounce angel food cake mix)
1/4 cup unsweetened cocoa, sifted
1/4 teaspoon chocolate flavoring
1 cup skim milk
1 4-serving box sugar-free instant
chocolate pudding
8 ounces light whipped topping substitute

Take Out:

Electric mixer
Large mixing bowl
Flour sifter
Liquid measuring cup
Tube pan
Dry measuring cups
Medium mixing bowl
Knife

Directions:

1. In large bowl, combine flour packet of cake with the cocoa. Prepare cake according to package directions.
2. Fold in chocolate flavoring.
3. Bake cake in tube pan according to package directions.
4. When cool, remove from pan.
5. In medium-sized bowl, blend milk and instant pudding with mixer for one to two minutes. Fold in whipped topping substitute. Spread on cooled cake before cutting. Garnish with fresh fruit if desired.

Nutrition Facts:

Calories	205
Carbohydrate	40 grams
Fat	5 grams
Sodium	202 mg
Protein	6 grams

Exchanges: 2½ starches, 1 fat

Adapted from a recipe originally published in Diabetes Forecast, November, 1991.

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