

Betty's Light Lemon-Filled Angel Cake Recipe--Low Cal!



Uploaded on Feb 6, 2009

In this video, Betty demonstrates how to make an elegant and easy low calorie dessert--Lemon-Filled Angel Food Cake. Great for dieting, but good enough for entertaining! Yum!

Ingredients:

- 1 oz. pkg. instant sugar-free lemon pie filling mix
- 2 cups skim milk
- 6 oz. carton light lemon yogurt
- 1 ready-to-serve angel food cake (from your supermarket's bakery section)
- 1 8 oz. carton fat-free frozen whipped topping (refrigerated overnight)
- 1 lemon (sliced and divided into quarter-slices)
- 1 bunch fresh mint (just a few mint leaves will do)

Prepare the lemon pudding by combining the 1 oz. pudding mix with 2 cups of milk. Beat for 2 minutes, cover, and refrigerate overnight. (To speed things up, you may cool this quickly in the freezer.) When ready to assemble the angel cake, remove the chilled lemon pudding from the refrigerator, add 6 oz. lemon yogurt and stir together lightly, but thoroughly. This is the filling for the angel cake. Now, take the ready-to-serve angel food cake, slice it in three horizontal layers and place the largest layer (cut side up) on a cake plate. Spread some of the lemon-yogurt filling on the top only. Next, take the second largest layer and place it over the first layer. Again spread some filling on top of this layer. (There will probably be some lemon-yogurt filling left over--good to eat later!) Put the last (smallest) layer on top of the other two layers. With a knife or cake spreader, spread the sides, top, and inside cylinder of the stacked layer cake with whipped topping. Garnish the top of the cake with fresh lemon slices and mint leaves as desired. Refrigerate until ready to serve. When serving, carefully cut each piece with a knife, so that the edges are smooth, and the cake is not compressed. Plan on more than one slice per person!