

# Heavenly Angel Cake



## Healthy Option

The oranges and cherries served with this angel food cake contribute fiber and disease-fighting vitamin C—something many desserts lack. Just ten cherries contain 1 gram of fiber, much of it in the soluble form that lowers cholesterol. And oranges, of course, are champions of vitamin C.

Angel food cake, sliced

Orange Cream

1 c. nonfat cottage cheese

1 c. nonfat-vanilla yogurt

1/3 c. orange-juice concentrate

To make the orange cream:

Puree the cottage cheese until completely smooth (about 4 min.)

Whisk in yogurt and orange-juice concentrate. Chill

Serve sliced cake with the orange cream—garnish with oranges and cherries

**Serves 10**