

# Red, White & Blue Cream Cake

1 pkg. low fat white cake mix  
1 envelope Dream Whip (whipped topping mix)  
1/2 tsp. baking powder  
1 cup cold water  
1/2 cup egg whites  
1 tbsp. olive oil  
1 tsp. vanilla  
3 ozs. strawberry gelatin powder  
1/2 cup boiling water  
3 ozs. fat free vanilla pudding  
1 1/2 cups skim med milk  
1 1/2 envelopes Dream Whip (prepared 3 cups)  
1 1/2 cups fresh strawberries  
1 cup fresh blueberries  
1/2 cup miniature marshmallows

1. Preheat oven to 350. Prepare two 13" x 9" pans with cooking spray, set aside.
2. In a mixing bowl combine cake mix, 1 envelope of dry Dream Whip mix and baking powder.
3. In another bowl combine water, egg whites, oil and vanilla.
4. Mix dry ingredients with wet ingredients just to moisten.
5. Pour mixture into prepared pans. Bake for 20 minutes or until golden brown.
6. Place aluminum foil on wire racks. Remove both cakes from their pans and cool completely on wire racks.
7. Poke cakes with fork at one-inch intervals. Dissolve gelatin in boiling water and slowly drizzle over both cakes allowing gelatin to seep into holes. Chill for 1 hr.
8. Prepare pudding according to the package directions using 1 1/2 cups of milk. Fold pudding into 1 cup of prepared Dream Whip and 1/2 cup of blueberries.
9. Spread bottom layer with pudding mixture and spread remaining 1/2 cup of prepared Dream Whip on the top layer and the sides of the cake. Arrange strawberries, blueberries and miniature marshmallows on cake to resemble the American Flag. Place some miniature marshmallows around edge of cake.

12 Servings. 335 calories; 7g fat (19% calories from fat); 5g Protein; 61g Carbohydrate; 476mg sodium