



## Apple Spice Trifle



1/8 of recipe (about 1 cup): 220 calories, 7.5g total fat (3.5g sat. fat), 165mg sodium, 37.5g carbs, 2g fiber, 22g sugars, 2g protein

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**Prep:** 15 minutes    **Cook:** 20 minutes

**Cool:** 1 hour



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### Ingredients

1 1/4 cups spice cake mix  
1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute  
1/2 tsp. cinnamon, or more for topping  
1/8 tsp. pumpkin pie spice  
One 9-oz. container light whipped topping (thawed from frozen)  
4 cups chopped apples  
1 oz. (about 1/4 cup) chopped pecans

### Directions

Preheat oven to 350°F. Spray an 8"X8" baking pan with nonstick spray.

In a large bowl, combine cake mix, egg whites/substitute, and 1/2 cup water. Mix until smooth and uniform.

Transfer batter to the baking pan, and smooth out the top. Bake until a toothpick inserted into the center comes out mostly clean, 18-20 minutes.

Let cool completely, about 30 minutes in the pan and 30 minutes out of the pan on a cooling rack.

Cut cake into 1-inch cubes.

Add cinnamon and pumpkin pie spice to the whipped topping. Stir until uniform.

In a large glass bowl or trifle dish, layer half of the cake, half of the whipped topping, 2 cups apples, and 1/2 oz. (about 2 tbsp.) pecans. Repeat layering with remaining cake, whipped topping, 2 cups apples, and 1/2 oz. (about 2 tbsp.) pecans.

MAKES 8 SERVINGS

**HG Alternative:** Can't find spice cake mix? Just mix 1/2 tsp. pumpkin pie spice into 1 1/4 cups yellow cake mix for a similar result!

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