



RECIPE OF THE WEEK

ORANGE DREAMSICLE CAKE

1 box white cake mix, dry

1 - 12-oz can Diet Orange Crush (or 1 ½ cups)

3 egg whites

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1. Mix together all ingredients with a mixer for about 2 minutes.
 2. Spray a 9 X 13 in pan with baking spray. Pour mixture into pan and bake at 350 degrees for approximately 30 minutes.
 3. Remove cake from oven, allow to cool. Sprinkle with powdered sugar **OR** top with Lite or Fat Free Cool Whip. (it tastes great with no topping too 😊)

Makes 12 servings

FOOD FOR THOUGHT: **You are made to move.**
Yourself.
And others.

- **New Balance**