

Cool Ways To Enjoy Convenience, Quality, Taste



You can have a delicious Lemon Raspberry Trifle at your fingertips with foods from your freezer.

(NAPSA)—Here's cool news: When you're looking for a quick, healthy mid-week family meal; a fast breakfast before kids head out to school; elegant appetizers for entertaining; a good side dish to accompany a main entrée; tasty pizza; delicious snacks; or a terrific dessert for that special occasion, you may have to look no further than your freezer.

Frozen foods have come a long way since they were introduced in 1930 by Clarence Birdseye. Take a walk in the frozen food aisle at the supermarket and see the quality, variety and versatility frozen foods offer today.



National Frozen Food Month in March, can be a great time to enjoy special prices and promotions on America's favorite frozen foods. According to the National Frozen & Refrigerated Foods Association (NFRA), frozen foods are not only convenient, they offer unparalleled freshness, quality and taste as well as many nutritional selections.

Try this delicious, elegant and easy dessert the next time you need a treat in a hurry:

Lemon Raspberry Trifle

- 1 (10.75 oz.) frozen pound cake, thawed**
- 2 (8 oz.) containers lemon yogurt**
- 1 (8 oz.) container frozen whipped topping, thawed**
- ¼ cup orange juice (made from frozen concentrate)**
- 3 cups frozen raspberries, thawed**

Cut pound cake into ½ inch cubes. In medium bowl, combine yogurt and whipped topping; mix well. Place ⅓ of the pound cake in bottom of 2½ quart glass bowl. Sprinkle with ⅓ of orange juice. Top with ⅓ raspberries and ⅓ yogurt mixture. Repeat for total of 3 layers. 8 servings.

In celebration of Frozen Food Month, NFRA has created a \$10,000 Bring Us To Your Table! Freezer Favorites Sweepstakes that runs through the end of April. To enter, for more details, and for frozen food tips and recipes, visit www.BringUsToYourTable.com.