



Berries 'n Chocolate Trifle



1/8 of recipe (about 3/4 cup): 195 calories, 5g total fat (3.5g sat. fat), 188mg sodium, 36.5g carbs, 2.5g fiber, 21.5g sugars, 2g protein

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

Cool: 1 hour

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Ingredients

- 1 cup devil's food cake mix
- 1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute
- One 9-oz. container light whipped topping (thawed from frozen)
- 2 tbsp. light chocolate syrup, or more for topping
- 2 cups sliced strawberries
- 2 cups blueberries

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 to the baking pan and smooth out the top.

Bake until a toothpick inserted into the center comes out mostly clean, about 18–20 minutes.

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

Add chocolate syrup to whipped topping. Stir until uniform.

Cut cake into 1-inch cubes.

In a large glass bowl or trifle dish, layer half of the cake, half of the chocolate whipped topping, 1 cup strawberries, and 1 cup blueberries. Repeat layering with remaining cake, whipped topping, 1 cup strawberries, and 1 cup blueberries.

MAKES 8 SERVINGS

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