



Raspberry Lemon Trifle for One



Entire recipe: 248 calories, 2.5g total fat (1.5g sat. fat), 327mg sodium, 47g carbs, 3g fiber, 28g sugars, 8g protein

[Click for WW PersonalPoints™ value*](#)

Prep: 5 minutes **Cook:** 5 minutes or less

Cool: 10 minutes



Ingredients

3 tbsp. lemon cake mix
1/2 cup plus 1 1/2 tbsp. fat-free vanilla yogurt, divided
1 tbsp. (about 1/2 large) egg white or fat-free liquid egg substitute
1/3 cup raspberries
2 tbsp. light whipped topping (thawed from frozen)

Directions

Spray a small microwave-safe mug or bowl with nonstick spray. Add cake mix, 1 1/2 tbsp. yogurt, and egg white/substitute. Microwave for 1 minute, or until set.

Gently shake mug to release the cake, and transfer it to a plate. Let cool completely, about 10 minutes.

Crumble cake into small pieces.

Spoon remaining 1/2 cup yogurt into a small glass. Top with cake pieces, raspberries, and whipped topping.

MAKES 1 SERVING

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies. *The WW points values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the [SmartPoints®](#) and PersonalPoints™ trademarks.

Questions on the WW points values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.