



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

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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

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